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L'STOMER SERVICE, P.O. BOX 37449,

PHOTOS: (CLOCKWISE RROM TOP LEFT) DAVID 15AY, BLAINE MOATS, CARSON DOWNING FOR SERVICE ON YOUR SUSCEMPTION, INCLUDING CHANGE OF ADDRESS, WRITE TO BLITER HO FOR SERVICE ON YOUR SUSCEPTIONS.



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The main focus in my garden is edible plants, particularly herbs. So when autumn's cold snaps roll in, I, like generations of growers before me, try to rescue or harvest as much as I can. And it's no accident that much of what I'm gathering is heading for the Thanksgiving table. That's what this holiday is all about—reaping the rewards of all that summer labor.

Ever since I wrote my 2014 book, *The New American Herbal*, I've been obsessed with the complex relationship between herbs and humans. I grow as many herb varieties as I can in my Des Moines garden. Some of the delicate herbs like chervil and chamomile clocked out months ago in the midsummer heat. The Genovese basil that I so zealously deadheaded all summer gets whizzed

harvest TIME

in the food processor for pesto before it's blackened by early frosts. Part of that is refrigerated in Weck jars, and some is frozen. The purple and Thai basil and hot peppers

go into bottles of vinegar or oil. Sage, hardy and leather tough, will survive even as the snow covers it. Rosemary, an evergreen in Mediterranean climates, takes cold but will blacken as temps get more and more dire overnight, so I rescue it beforehand in bunches to hang in the kitchen for drying. I cut big bundles of tea herbs, such as lemongrass, tulsi, lemon balm, mint, lavender, and scented geranium, and lay them on the dining table until they dry before putting the stripped leaves in tins to tide me over until next summer.

I also love living with herbs as houseplants over the winter. (Learn how in "The Dirt" on page 66.) I primarily keep them in the kitchen where I can grab a pinch for a recipe. But keeping them alive can be tricky. The woody Mediterranean herbs—rosemary, oregano, sage, thyme—would much rather be on a rocky hilltop above the Adriatic than



indoors next to a heating vent. I dig up my smaller plants and put them in a long metal window box next to a sunny kitchen window, and they do pretty well. Soft-stemmed herbs like basil, chives, and parsley will survive, though I find basil one of the hardest to maintain since it's so finicky.

But I don't have to do any of these tasks. I can go to my local supermarket for almost anything I could want from a global pantry. Instead, as I save as many of the "fruits" of my hobbyist herb garden as I can before frost, I'm choosing to follow the path of my forebears. Many of my immigrant Scottish and French ancestors lived hardscrabble lives of subsistence farming first in their home countries, then in their adopted homes of Virginia, Tennessee, and Texas. I have it so easy compared to my dad's Dust Bowl childhood. And for their Stylen centuries of labor, I dedicate my Thanksgiving table to them. If they hadn't been

so hardworking and

successful, I wouldn't be

here. Now back to my herbs.

STEPHEN ORR, Editor in Chief instagram @steporr O: MELANIE ACEVEDO/SARAH LA



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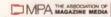
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Tabletop Printables

Elevate your holiday table with custom printable designs by artists Caitlin Barnes, Esther Clark, and Joya Rose. The illustrated menus and place cards are ready for you to fill in with guests' names and dish details. BHG.com/Tabletop



30-MINUTE INSTANT POT SIDE DISHES

Need a last-minute Thanksgiving side? We've got recipes that require only a few ingredients each and come together in less than 30 minutes, including sweetand-sour cabbage, left, and maple-bacon Brussels sprouts.

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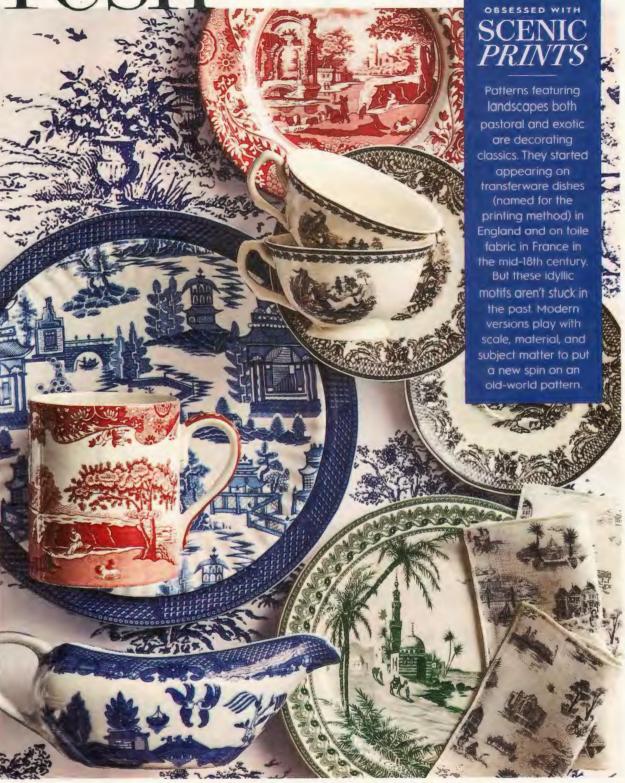


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CRANBERRY ITALIAN SALAD PLATE \$18; spode.com

EQUESTRIAN TEACUP AND SAUCER \$22 each; schoonerbayco.com

SAN FRANCISCO MODERN TOILE COCKTAIL NAPKINS \$30 for eight; minted.com

DESSERT PLATE \$35; gien.com/us

BLUE WILLOW GRAVY BOAT AND DINNER PLATE (under mug and melamine plate) \$19 each; pearlriver.com

CHINOISERIE MELAMINE "PAPER" PLATES \$25 for four; courtlandandco.com

CRANBERRY ITALIAN MUG

\$22; spode.com

BLUE FRENCH COUNTRY TOILE WRAPPING PAPER (background) \$21 per roil; zazzle.com



New on the scene for scenics: Historical patterns are getting aired out, scaled up, and cropped in.

And more modern subjects, like a California beach view, are getting the traditional treatment.



1 SEPIA WILLOW PLACEMATS \$32 for a pad of 50; platdujourco.com 2 Toile comforter \$130 (queen); society6.com
3 WESTWIND TOILE TRAYS laminated birch, \$78 (small) and \$98 (large); serenaandlily.com 4 TREE TOILE WALLPAPER \$40 per 2'×4'
peel-and-stick panel; chasingpaper.com 5 WILLIAMSBURG COLLECTION TOILE TALES CANAPÉ PLATES \$65 for four;
caskata.com 6 LAURA ASHLEY ROMANCE TOILE \$120 for cotton queen-size set; urbanoutfitters.com 7 Toile KITCHEN TOWELS
\$11 for two; michaelianhome.com 8 GREENLAND HOME CLASSIC TOILE THROW \$42; kohls.com

A million ways to stain teeth.





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Finding time for a facial is tough, so we asked **Shani Darden**, celebrity aesthetician, mom, and Garnier skin-care consultant, for complexion advice and spa tricks you can do at home.



ANSWER An inexpensive facial roller like the Revion Jade Roller (\$10; revion.com) can make a difference on days when you have undereye bags. On moisturized skin,

gently glide the wide end along your cheeks and jaw, then run the small end under your eyes. "Light massage revs up your skin's circulation and helps to remove excess fluid," says Darden, who suggests storing the tool in the fridge so it's always chilled when you want to use it. "The cold brings down swelling," she says.



Where can I save in my routine?

ANSWER YOUR cleansing step is both important and affordable. Pick a gentle drugstore formula and use it twice a day. If you wear eye makeup, start with a micellar wash to avoid tugging on that delicate skin. Try Garnier SkinActive Water Rose Micellar

Water All-in-1 (\$9;

garnierusa.com).

WEAR SPF EVERY DAY.
What's the all-time worst

What's the all-time worst skin-care sin? Skipping sunscreen. In addition to safeguarding against skin cancer, this daily habit is hands down the best way to prevent premature aging, Darden says. Try Elizabeth Arden Great 8 Daily Defense Moisturizer (\$42; elizabetharden.com).



How do I keep my pores clear?

ANSWER The quick way to shrink a pimple is to apply a mask or treatment that contains sulfur. "Sulfur is antibacterial and anti-inflammatory, so it calms down

a breakout and speeds healing," Darden says. And no picking! Try It Cosmetics Bye Bye Breakout Full-Coverage Concealer (\$28; itcosmetics.com). For blackheads, Darden suggests using a chemical exfoliant once or twice a week to help dissolve the dead skin and oil that form those pesky plugs. Try Dr. Dennis Gross Skincare Alpha Beta Extra Strength Daily Peel (\$17 for five treatments; sephora.com). Also, large pores tend to fill up if you use the wrong moisturizer, so stick to lightweight hydrators. Try The Inkey List Hyaluronic Acid Serum (\$8; sephora.com).

BUFF YOUR LIPS.

Smooth away dry, flaky skin with a soft toothbrush or exfoliating

lip scrub like L'Occitane Delicious
Lip Scrub Raspberry Crush
(\$19; usa.loccitane.com). ■



PERICA METZGER: PHOTOS: (ROLLER, WIPES, SCRUB) JACOB FOX, (PORTRAIT) HEATHER CHARLE TEST OF SHANI DI

FRUCTIS SMOOTHING TREAT 1 MINUTE HAIR MASK





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ERICA METZGER, STYLING: CHRISTY BROKENS

COVERGIRL



Your neck is exposed to the same stressors (UV rays, pollution, and gravity, to name three) as your face,

so that skin needs the same level of care.

"One of my commandments is: Do unto your neck and chest as you do unto your face," says dermatologist Mona Gohara, M.D., in Hamden, CT. Anything you smooth onto your face, including antiaging serum and sunscreen, should be smoothed on all the way down to your bra line. The SPF number, in particular, is crucial. Gohara recommends a broad-spectrum SPF 30 or higher. Try CeraVe Hydrating Sunscreen Face Lotion SPF 30

(\$16; targetcom). As with your face, you should

(\$16; target.com). As with your face, you should be reapplying sun protection every couple of hours. Powder sunscreen makes that easier, in part because you can dust it over makeup. Try Colorescience Sunforgettable Brush-On Sunscreen SPF 30 (\$65; colorescience.com).



Are you forgetting about one of your most visible body parts? Taking care of your face also means paying attention to the area south of your chin.

TREAT

When it comes to moisturizing, it turns out neck creams aren't marketing hype. "There are fewer sebaceous glands on the neck," says Jeanine Downie, M.D.,

a dermatologist in Montclair, NJ. "Therefore, the neck tends to be drier, and your regular face cream might not be hydrating enough." Moisture-rich hyaluronic acid and shea butter pack **Prai Ageless Throat & Decolletage**

Creme (\$30; praibeauty.com). Pair it with your usual routine, which ideally includes a daytime antioxidant serum and evening retinol. Try L'Oréal Paris Derm Intensives 10% Pure Vitamin C Serum for day (\$30; lorealparisusa. com) and Neutrogena Rapid Wrinkle Repair Retinol Oil (\$28; neutrogena.com) at night.

STRAY HAIR?

Don't pick at or pluck hairs that pop up on the neck or chest. The skin there is thin and easily scarred, Downie says. The best way to defuzz these areas is with a facial hair trimmer or depilatory cream. They remove hair at the surface without irritating the follicle.

BLEND

Your neck and décolletage deserve special attention when you apply makeup, especially if you wear foundation or tinted

moisturizer. Otherwise, you risk the dreaded two-tone effect where your face and neck color don't match. Los Angeles makeup artist Jillian Dempsey always does what she calls a brush-down: "You take 50 percent of what you've put on your face and gently buff it down onto your neck." This gets rid of any seam. Alternatively, she suggests tapping a matte, nonshimmery bronzing powder on your neck to warm it. Try Laura Gellar Soft Matte Baked Bronzer (\$34; laurageller.com). "Use a fluffy, loose-hair brush," she says. "It's more forgiving, and you won't get those weird streaks that a stiff-bristle brush can sometimes leave." To emphasize collarbones, Dempsey dabs on Milk Makeup Highlighter in Lit (\$24; milkmakeup.com). "It's a golden shimmer stick that brightens the skin and balances any kind of discoloration," she says. "It gives you that smoothing effect people go for-without having to use a lot of makeup."

18 BH&G | November 2019

BY MEGAN DEEM

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Set Your Best Table

Dressing up is our favorite part of the holiday. (Thanksgiving is like fashion week for tabletops.) Start with a white dinner plate then play around with one of these looks. What will your table be wearing?



* traditional flourish Flowery salad plates (Garden Vine, \$34 each; ralphlauren.com) give this setting a fancy note without going too formal. THE ACCESSORIES Washed Linen Tablecloth in Light Turquoise, \$50; hm.com. Harvest Gold and Silver Acorn Salt & Pepper Set, \$13, and Hemstitch Smoke Blue Napkin, \$5 each; pierl.com. Vintage Silver Flatware, \$12 for three-piece set; chartreusestore.etsy.com.



* elevated naturals This texture-rich look gets a color boost from a yellow strawflower. THE ACCESSORIES Mason Fringe Placemat in Amber, \$60 for four; potterybarn.com. Driftwood Charger, \$20 for two, and Abstract Scribble Napkins in Terracotta, \$8 for four; worldmarket.com. Leather Verza Napkin Rings in Cordovan, \$20 for four; roomandboard.com. Rustik Flatware, \$30 for 20-piece set; ikea.com. Horn Shaker Set, \$32; dearkeaton.com.



* red, white, and boho White plates highlight the paisley-on-paisley ensemble. THE ACCESSORIES Table Linens in Rose on Natural, from \$54; anokhiusa.com. Aerin Ogee Napkins, \$40 for four; williams-sonoma.com. Saro Jute Napkin Rings, \$16 for four; amazon.com. Primrose Hill Silver Flatware, \$20 for five-piece setting; cb2.com.



* modern graphics Turn on the glam with geometrics. THE ACCESSORIES Beatriz Salad Plates, \$30 for four; crateandbarrel.com. Smith Flatware in Gold, \$34 for five-piece setting; westelm.com. Byrdie Amber Wine Glass, \$8; crateandbarrel.com. Dipped White Geometric Place Card Holder, \$5 each; theheartdepartmentco.etsy.com.

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Batch the Beverages

Mixologist and author **Maggie Hoffman** tapped her bartender buddies for their best make-ahead pitcher drinks so hosts can spend their time mingling instead of mixing.





BY THE BOOK

Hoffman has
65 recipes in Batch
Cocktails: Make-Ahead
Pitcher Drinks for
Every Occasion
(\$20; penguinrandom
house.com).

It's hard to hold a conversation while searching for bitters, measuring with jiggers, and rattling a shaker full of ice.



HAPPY HOUR EXTRAS

Upgrade your bar game with these cocktail finds.



Give garnishes special attention with wooden Feather Cocktail Picks. \$8 for 10; minkahome.com



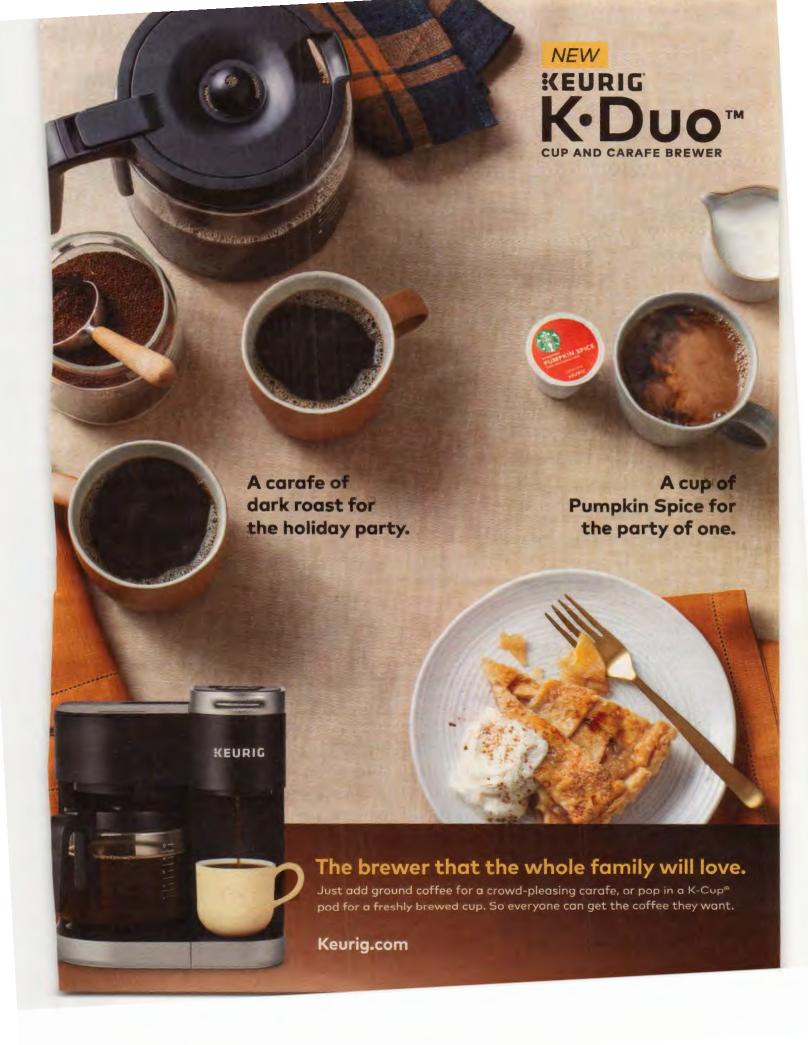
This Bottom Heavy
Clear Punch Bowl with
Ladle is handmade
from crystalline glass.
\$50; cb2.com



Sweet, concentrated flavor makes **Luxardo Maraschino Cherries**worth the splurge.
\$17; amazon.com



Pith-free peeling and zesting with one handy Citrus Peeler. \$7; oxo.com



listen to the pros

Hosting is like any other skill: Practice makes perfect. Experts share their best tips.

Good crushed ice—the nuggety kind—makes drinks extra special. I get mine at the Sonic Drive-In.

TARA GUÉRARD,
TARAGUERARDSOIREE.COM
(It's true, you can buy a 10-lb. bag of crushed ice at many Sonic locations.)



66 End the evening with a simple dessert like peanut butter and Nutella balls. No baking required—just two spoons, a cookie sheet, and a freezer.

Antoni Porowski.

costar of Queer Eye and author of Antoni in the Kitchen, hmhco.com

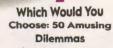
STRIKE A POSE

"Instant film cameras (like this
Fujifilm Instax Mini 9, \$70; target.com)
spit out pictures old-school
style. Watching the photos develop
is half the fun." Cyd Converse,
thesweetestoccasion.com



Keep a couple bottles of nonalcoholic sparkling beverages on hand for young guests and designated drivers.

Cheers to Töst, a not-too-sweet sparkling blend of white tea, white cranberry juice, and ginger. \$26 for a sample pack (two 750-ml bottles and four 12-oz. bottles); tostbeverages.com



\$8: amazon.com

that gets people moving and laughing is a win. The **Heads Up!** charades app is my new favorite.

SARAH COPELAND, AUTHOR OF EVERY DAY IS SATURDAY

66 Don't worry about cleaning the whole house. Focus on the party spaces.

Seri Kertzner, littlemisspartyplanner.com



PASS ON PAPER

Cloth cocktail napkins say this is a special occasion. Nordic Wood linen napkins, \$30 for eight; minted.com



EASY TO FILL

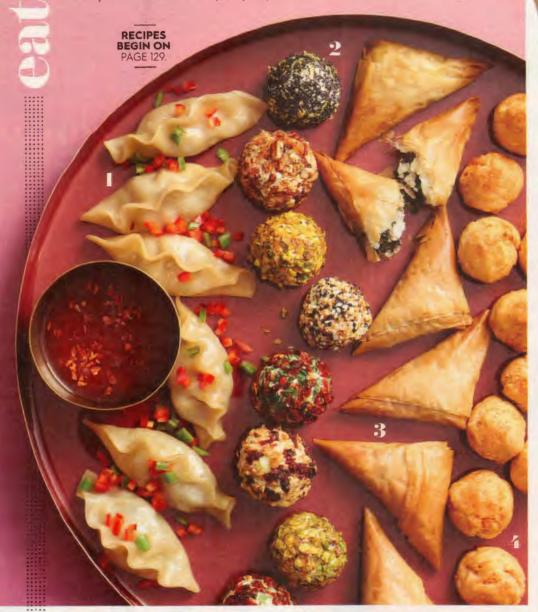


EASY TO CHILL



Freeze Some Appetizers

Your freezer is a party hero. Stock it with ready-to-heat appetizers (either homemade or from the grocery), and you'll never have to stress about having a selection of nibbles ready—no matter if the party is planned or impromptu.



1 POT STICKERS

Your favorite take-out place has competition with these pot stickers filled with turkey, cabbage, and ginger. Steam them straight from the freezer at party time.

MINI CHEESE

BALLS Honey, we shrunk the cheese ball! Roll bite-size versions of the retro app with toppings like lemon zest, poppy seeds, pistachios and orange zest, or everything bagel seasoning.

SPANAKOPITA

Frozen phyllo dough is the base for lots of fast apps. We wrapped thawed sheets around spinach, are actually quite feta, and oregano then froze them for a three-bite version of the Greek pie.

GOUGÈRES

They might sound fancy and look impressive, but these French cheese puffs easy. We piped out the stir-together Gruyère dough, but you can also use a small cookie scoop.

Set this little hedgehog with toothpick quills next to the appetizers. Kipik Toothpick Holder, \$28; store.moma.org



BEST-TASTING BUYABLES

We tried 30-plus ready-made appetizers to find our favorite freezer-aisle shortcuts. Chicken Shu Mai, \$3 (Trader Joe's); Brie Bites with Mostarda, \$7 (Whole Foods); Nancy's Petite Quiche, \$9 (national grocers); Farm Rich Jalapeño Peppers, \$6 (national grocers); Archer Farms Mushroom Risotto Bites, \$5 (Target); 365 Everyday Value Everything Pastry Mini Uncured Hot Dogs, \$5 (Whole Foods)



MAKE YOUR Thanksgiving Dessert THE ORIGINAL







tabletop strategies Try one of these effortless ideas from the experts. * "A simple bouquet of light pink roses." Erica Blumenthal, yeswayrose.com * "Green is relevant all year long. Buy limes in bulk and put them in a great big bowl. Move it to the bar after dinner." Tara Guérard * "I turn to food for inspiration. If it's fig season, my table will be decorated with figs. Real ones and maybe gilded or papier-mâché. I love a fun conversation starter on the table." Libbie Summers, yumyumsmileshop.com

FALL BOUQUETS

Simply hover your smartphone camera over this code to watch a video on how to create three autumn arrangements.

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"I couldn't have gone ziplining without Depend. It was the biggest thrill."



SETTING AN EXAMPLE

As a mother of four, Lynda Suarez strives to inspire her children to follow their dreams—but when she first started experiencing incontinence, she felt some of her own dreams slipping away. Around the same time she discovered Depend, Lynda found her confidence returning, and she decided to pursue an acting career. "I'm constantly preaching to my daughters to go out there and do it," she says. "So, with the help of Depend, I went out there and did it."

SEEKING ADVENTURE

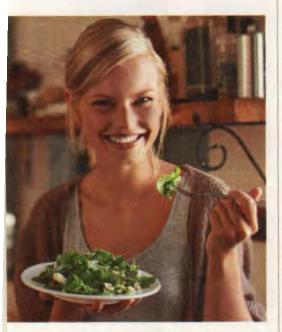
Since she discovered Depend Fit-Flex, Lynda has been taking advantage of every day, including spending time outdoors and ziplining with her children. "I couldn't have gone ziplining without Depend. It was the biggest thrill," she says. She plans to go skydiving by the end of this year. "I am so comfortable in my skin now. I am not going to let anything stop me—there's too much to discover," she says.

FAMILY TIME

Lynda and her husband love to take their boat out, but before Depend, the possibility of leakage was always in the back of her mind. Now, she can enjoy special moments watching the sunset on the water without worrying about docking to use a bathroom. "I don't want to miss out on anything, because it all goes by so fast," she says.







Say Yes to Eating Smarter

Here's why nature's best matter to your health

HEARTBURN HELP

Research has shown those who consumed the most fruits and veggies had a lower risk of gastroesophageal reflux disease (GERD), a chronic disease linked to heartburn.

HEART HEALTH

Regular consumption of fruits and veggies is linked with lower risk of cardiovascular disease.

WEIGHT MANAGEMENT

Choosing fruits and vegetables over unhealthy eats can tip the scales in your favor—try filling half your plate with fruits and veggies at every meal.



Scan here for more Strive wellness tips brought to you by Nexium 24HR. And visit BHG.COM/ STRIVE for even more

HOLIDAY HOSTING GUIDE

Pull Up a Chair

Keep folding chairs and stackable stools at the ready for when a plus-one turns into a plus-two (or -three).



CLASSIC BAMBOO

This folding chair looks at home in a casual or formal setting, indoors or outside. American Champion, \$60 for two; foldingchairs4less.com



COLORFUL METAL

Orange Marmalade is one of seven snazzy options.

Hercules Colorburst, \$28 for two; foldingchairs4less.com



These stools double as side tables.

STACKABLE STOOL

Modern and minimal, these blend with any style. 17.72 in. Beige Bar Stool, \$61 for four; homedepot.com



RATTAN STAND

Use as a party seat or as a perch for houseplants. Skye Rattan Stool, \$39; urbanoutfitters.com ■

66 Guests often have a parent or friend in town, especially during the holidays. Everyone is always welcome—new people add to the fun. SARAH COPELAND



home COLOR CLARET REDS The color of wine and berries, these dusky reds may COLONIAL RED 10YR 09/250 Glidden conjure visions of a romantic evening, a room that gets natural light. If the room you want to sun, consider painting only one wall and balancing it with neutrals. "An accent wall gives RADICCHIO depth to a room," says designer Farrow & Ball Alessandra Branca. WILD CURRANT SW 7583 Sherwin-Williams ROYAL GARNET Valspar





FROM AREA RUGS TO ACCENT PIECES.

Now there's more kinds of doing with decor at The Home Depot: Make this entire selection your own with free and flexible delivery and easy in-store returns on more than 10,000 decor items





Vintage overdyed, \$296 (3'10"×7'1"); from a selection at revivalrugs.com END TABLE
BH&G Collection® Lana
Metal/Glass in Red, \$103;
walmart.com/BHG

Bia Tassel in
Berry, \$40 (16"×16");
cb2.com

Safavieh Color Swirls Glass in Red, \$200 for two; bedbathandbeyond.com



PROPOINTERS

Alessandra Branca is known for using red with gusto. We tapped the Chicago-based designer for her tips on wielding this confident hue.

SHADES OF RED

"Opt for a tone that's a little grayed out, because pure pigment tends to be very strong. Remember, once it's on the walls the color bounces off itself, so the sample you're holding is only about half as strong as it will look on the wall."

PAINT FINISH

"Try satin, which has a bit more sheen than eggshell, so it will reflect more light."

> COLOR TEMPERATURE

"I like the visual play of opposites, so here I paired warm red with cool white accents and cool taupe walls in the adjoining room. If you're using a cooler red, pair it with a creamier neutral."

SUITABLE SPACES

"If you're going to indulge in a strong color, it's nice to put it where you're not spending all day. Red is a great color for an entry, dining room, powder room, or library."

FRESH BREATH & HEALTHY GUMS: MEET THE NEW POWER COUPLE





BEDROOMS & BATHS

In the last of our four-part series, designer **Rosa Beltran** shares the secrets and swaps that made it possible to rework a pair of bedrooms and baths and add a storage-filled hallway to her newly opened-up bungalow.



here's rarely a hallway in old homes like my 1936 bungalow—you walk through one room to get to the next. So I knew my remodel would mean reimagining the layout. I designed my new floor plan as a rectangle divided by a central hall. The open kitchen and living spaces are on one side; the bedrooms and baths are on the other side for privacy. For my room, I wanted a retreat, so I layered it with neutral colors and natural materials like the raw linen window treatments. The centerpiece is the mossy green velvet bed I designed for my store, Clad Home. More soft greens come in through the vintage Turkish rug. I like that it has a subtle pattern that's a little bit worn. I bought it through an Etsy store that connected me directly to a market in Turkey that let me ask questions and see lots of pictures before picking one. Bonus: Buying that way costs about a third of what you might spend at a showroom.



Secret Formula to Losing Weight, Fat and Inches!

Is it possible to give our bodies an all-new setup, to burn more fat again, sleep better, and wake up energized and excited to start the day?

A new gold standard study conducted by researchers at the University of Alberta revealed that Almased, a low-glycemic high-protein (LGHP) diet significantly increases the resting metabolism compared to a healthy standard diet. The results occurred on the very first day. Furthermore, the body began burning fat instead of food carbohydrates much earlier. The results of this breakthrough study were confirmed by two more studies. in which researchers discovered that the LGHP Diet significantly increases the fat-burning hormone adiponectin and also supports healthy blood sugar levels and appetite-regulating hormones like ahrelin and leptin.

Developed over 30 years ago by holistic therapist Hubertus Trouillé to improve his patients' metabolism and health. Almased's unique multi-protein quality formula is designed to precisely fit the amino acid profile that the body needs for optimal function, Using active, naturally- derived enzymes, Almased increases the availability of these essential amino acids as well as immune-boosting and anti-inflammatory bioactive peptides such as Lunasin. This unique combination of weight loss, weight management, and overall health is why Almased has become the number one meal replacement worldwide.

Read more and download the diet plan at figureplan.com/BH11C

Distant Supplement for Itelahry Supplement for Itelahry Atlansagement. Supplement Frank Protein

BOOST THE METABOLISM!

Shop for Almased at one of these fine retailers:

Walgreens meijer







HOW THE LOW-GLYCEMIC HIGH-PROTEIN DIET WORKS



Starting Phase

Kick off your diet with a low-calorie nutritious fast for 3 to 14 days to boost the metabolism.



Reduction Phase

In this phase, build healthy eating habits, while keeping your metabolism up! Continue until you reach your desired goals!



A LOT MORE ENERGY!

"After 2 weeks, I had lost almost 10 lbs. I feel great! I sleep amazingly and I have a lot of energy and am not hungry at all." - Olenka F.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results will vary. Consult with a physician before starting on any weight loss program.





I sacrificed a little size in my bathroom to have more closet space, and it's a trade I'd make again and again. To give the illusion that the bathroom is bigger, I used a glass splash guard instead of a full shower door, and I hung a wall-mount vanity instead of a freestanding one. Slabs of quartz with dramatic veining and handmade tiles in the shower echo the organic look in my bedroom.

My son Benicio's bedroom maintained its original footprint and bay window. I added a window seat with storage drawers to hold his toys and costumes. He was involved with the decisions in his bedroom and his bathroom, which also serves as a hall bath for guests. I bought the claw-foot tub on Craigslist and hired a pro to reglaze the inside, then Benny and I worked together to fix it up. We sanded the outside to knock down the rust and painted it black. We left the feet rusty as a reminder of how far we've come—both the house and us.

*BIG STYLE, SMALL SPACES

My master suite includes a walk-in closet and a small but upgraded bath.

Evintage Look Let fixtures define the style. The bridge faucet has that 1930s old-house look I love. So does the showerhead with its valve and exposed pipes.

If something makes you happy, give it to yourself even if it's a departure. I went for Moroccan floor tile in my bathroom and wallpaper in my closet.

• STORAGE FOR IT ALL I built out the closet with an Elfa system from The Container Stare. I'm crazy for the flat jewelry trays.



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Discover skin-softening power with options. Decisions. Decisions.

Jergens' Nourishing Oil Blends, infused with nature's treasured oils, lock in the Jergens' moisture you love. Skin returns the favor with softness you can actually see. Moisture never looked so good







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SUBTLY THEMED

Benicio's room started with a vintage Hudson's Bay point blanket and grew into a cabin look he loves.

COLOR PALETTE

Taking color notes from the blanket, I painted the spindle bed green, repeated the black with the plaid rug, and brought in touches of red in the window seat cushion and Roman shades.

TRAVEL ART

The map has stickers marking everywhere we've been. We live in earthquake country, so there's no glass in the frame. I tacked the map up and secured trim pieces to the wall.

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HOW DO YOU MAKE REAL CHICKEN #1 **HER #1 FAVORITE?**





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rooms, and uninspired views, but I thought, I can fix this.



wall separating the sunroom so there's a sight line from front to back.

[FLOOR PLAN] BIG CHANGES

As a designer, I was excited to make this once run-down house my own open, modern home. I got a crash course in being a contractor, but I figured if there was a time to take that on and learn the ropes, it was on my own project.

DEMO

The badly built back addition was a teardown. We dug trenches and poured a new foundation.

2 OPEN UP

The original walls made the living areas feel cramped.
I replaced them with support beams.

3 EXPAND

I gained bathroom space by extending the exterior wall out to where the bay window had been.

4 RELOCATE

Moving a closet from the front bedroom to the hall let me recess a TV in its old alcove.

DIVIDE

A new hallway increased privacy between the bedrooms and the open public spaces.

COMBINE

Two bedrooms, two baths, and a laundry area with plenty of storage are in one wing.





BENICIO'S BATH I covered the walls in wide shiplap and hung an oval ceilingmount shower curtain rod. We can pull the curtain around the tub 360 degrees to take a shower. For the vanity, I bought a vintage dresser and cut it down a few inches then topped it with quartz and an undermount sink. It seems like it could have been original to the house. Narrow terra-cotta tiles give the floor the look of copper that has taken on a patina over time.



THE CENTER HALL

· HIDDEN UTILITIES

I put a stackable washer and dryer in the hall along with a big counter for folding. The cabinetry holds a pair of pullout hampers, a broom and vacuum closet, linens, and other storage.

LIGHT SOURCE

The 9½-foot-high ceilings meant I was able to install vintage-style transom windows above the doors to both bedrooms and baths so natural light can flow into the hallway.

GETTHE

I chose to upgrade the basics. It's a small move that really elevates the design.



LIGHT SWITCHES

Legrand Whisper Switch in White, \$10, and Legrand Adorne Cast Metal Wall Plate in Brushed Brass, from \$38; build.com



MASTER BEDROOM WINDOW TREATMENTS

Linen-cotton with the look of raw linen. Riverhead in Marble by Jaclyn Smith, \$39/yard; calicocorners.com



REGISTER COVER

Oversized Antique Cast Iron Wall Register in Black, \$59; signature hardware.com

That's a Wrap Here are a few things I learned along the way: TAKE RISKS I got rid of a fireplace, bay window, and some serious molding to create a fresh, functional plan. It was worth it. PLAN THE DETAILS An open floor plan means losing walls, finding new ways to store things, and choosing materials and finishes that work together. Build in History Nothing makes a house feel more like a home than an old Craigslist find or a handmade Etsy item. I even drove my tile setter crazy choosing tiles with uneven surfaces and slightly different tones to achieve an aged look. Quirk adds character.



beneath the surface of the skin. It is not a steroid or cream.

In a 16-week clinical trial, significantly more teens ages 12-17 taking DUPIXENT:

- Saw clear or almost clear skin (24% vs 2% in those not taking it)
- · Had 75% skin improvement (42% vs 8% in those not taking it)
- Experienced noticeable itch reduction (37% vs 5% in those not taking it)

DUPIXENT (dupilumab) Injection

200mg · 300mg

TALK TO AN ECZEMA SPECIALIST ABOUT DUPIXENT. TO LEARN MORE, VISIT DUPIXENT.COM.

INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

IMPORTANT SAFETY **INFORMATION**

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- · have eye problems
- · have a parasitic (helminth) infection
- · are taking oral, topical, or inhaled corticosteroid medicines. Do not stop taking

- your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- · are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- · are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and overthe-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- · Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects include injection site reactions, eve and eyelid inflammation, including redness, swelling and itching, pain in the throat (oropharyngeal pain) and cold sores in your mouth or on

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is given as an injection under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In adolescents 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Please see accompanying Brief Summary on next page.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent)

injection, for subcutaneous use

What is DUPIXENT?

- . DUPIXENT is a prescription medicine used:
 - to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
 - with other asthma medicines for the maintenance treatment of moderate-to-severe asthma in people aged 12 years and older whose asthma is not controlled with their current asthma medicines. DUPIXENT helps prevent severe asthma attacks (exacerbations) and can improve your breathing. DUPIXENT may also help reduce the amount of oral corticosteroids you need while preventing severe asthma attacks and improving your breathing.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis and asthma.
- . DUPIXENT is not used to treat sudden breathing problems
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.
- It is not known if DUPIXENT is safe and effective in children with asthma under 12 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems (if you also have atopic dermatitis)
- · have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

 are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.
- · Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield
- · DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections
 of DUPIXENT, you or your caregiver should receive training on the right way to
 prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been
 shown the right way by your healthcare provider. In adolescents 12 years of
 age and older, it is recommended that DUPIXENT be administered by or under
 supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.

Your healthcare provider may prescribe other medicines to use with DUPIXENT.
 Use the other prescribed medicines exactly as your healthcare provider tells you to.

Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), including a severe reaction known
 as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get
 emergency help right away if you get any of the following symptoms: breathing
 problems, fever, general ill feeling, swollen lymph nodes, swelling of the face,
 mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low
 blood pressure), joint pain, or skin rash.
- Eye problems. If you have atopic dermatitis, tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.
- Inflammation in your blood vessels: Rarely, this can happen in people with
 asthma who receive DUPIXENT. This may happen in people who also take a
 steroid medicine by mouth that is being stopped or the dose is being lowered. It
 is not known whether this is caused by DUPIXENT. Tell your healthcare provider
 night away if you have: rash, shortness of breath, persistent fever, chest pain, or
 a feeling of pins and needles or numbness of your arms or legs.

The most common side effects of DUPIXENT include: injection site reactions, pain in the throat (oropharyngeal pain) and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a summary of the most important information about DUPIXENT. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT is a registered trademark of Sanofi Biotechnology / ©2019 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: March 2019

A TASTE OF THE Exclusive offer For BH&G readers: Order all three and save \$15. Hurry, this offer won't last long. THE LUSH FOLIAGE OF THESE LADY PALM TROPICAL HOUSEPLANTS WILL CHASE Turn to this plant to fill a brightly AWAY THE WINTER BLUES. lit spot in your home. Its mass of glossy green, fan-shape leaves takes a corner from empty to lush. BLACK CORAL SNAKE PLANT Wavy greenish-gray stripes cut across these slender upright leaves. The plants handle drought and low light but perform best in bright indirect light. SPLIT-LEAF PHILODENDRON You'll fall in love with the heart-shape leaves on this easy-care shrub, which thrives in direct sun in winter and bright light in summer.



Order these plants from White Flower Farm at whiteflowerfarm.com/shop or call 800/420-2852 and mention source code BHR18.

- LADY PALM Item GMB10030 is \$90, plus shipping 'BLACK CORAL' SNAKE PLANT Item GMB10034 is \$59, plus shipping.
- SPLIT-LEAF PHILODENDRON Item GMB10021 is \$65, plus shipping. All three come in an 11-inch-tall woven basket with liner.

This paint treatment is trending in a major way, and we see why:
Two colors add contrast and a sense of architecture in one stroke.
Turn the page for inspiration and tips.



But not too bright. Limiting a vivid color to the bottom half of a wall prevents it from overwhelming a room. Creamy white tempers the energy of the sunny yellow.

ELEVATE YOUR

TO END DRY SKIN'



WET SKIN

FOR NO

ABSORBS IN SECONDS FOR SILKY-SMOOTH **HYDRATION**

Experience long lasting, deep hydration that doesn't weigh you down.

O CHAIR RAIL

In this foyer, designer Megan Pflug carried the line of the chair rail across the door and its trim for maximum impact. (Chair rails typically reach about 28–32 inches above the floor.) The glossy finish is equal parts high contrast and durable and it ties in with the floor pattern.

PRAME Green extends to the height of the door frame. Another option is to paint a color up to picture molding height, usually 12–20 inches below the ceiling.



DO IT YOURSELF

WHAT YOU'LL NEED

- Tape measure
- Level (3' or longer) or a laser level
- Pencil
- Painters tape
- Drop cloth
- Paint
- Paintbrush
- Paint roller

PROCESS Determine the height of the paint line then use a level to mark the horizontal line. Use 1-inch pencil dashes every 2-3 inches so you can erase them later if they show. Tape along the line, lay down a drop cloth, and start painting. Don't forget the baseboards; painting them strengthens the effect.

DRAW THE LINE Use an existing element in the room as a guide for where to start painting. Aligning the color block with a major horizontal element in the room (trim, windows, a mantel, furniture) ensures an orderly looking result.





O FIREPLACE MANTEL

The fireplace mantel in this apartment set the height for a block of teal paint. If you don't have a mantel, follow the height of a tall dresser or a windowpane. The color even skims the bottom portion of a low-hung painting for a touch of humor. Replicate the idea on an art piece from a thrift store or garage sale.

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- HYPOALLERGENIC LIGHT SCENT
- BLOCKS AIRBORNE DANDER





REPLENISH ESTROGEN

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and discomfort starting as early as 2 weeks

REVOLUTIONARY DESIGN

a softgel vaginal insert, with no-mess administration

Visit myimvexxy.com to learn more about the menopausal changes you're experiencing.

IMPORTANT FACTS ABOUT IMVEXXY (estradiol vaginal inserts)

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMVEXXY (AN ESTROGEN HORMONE)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb).
- Report any unusual vaginal bleeding right away while you are using IMVEXXY. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes, or dementia (decline of brain function).
- Using estrogen-alone may increase your chances of getting strokes or blood clots.
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years of age or older.
- Do not use estrogens with progestins to prevent heart disease, heart attacks, strokes or dementia.
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women 65 years of age or older.
- · You and your healthcare provider should talk regularly about whether you still need treatment with IMVEXXY.

WHAT IS IMVEXXY USED FOR?

IMVEXXY is a prescription medicine that contains an estrogen hormone in a vaginal insert that is used after menopause to treat moderate to severe painful intercourse, a symptom of changes in and around your vagina, due to menopause.

WHO SHOULD NOT USE IMVEXXY?
Do not start using IMVEXXY if you:

- · have unusual vaginal bleeding.
- · currently have or have had certain cancers.

Estrogens may increase the chances of getting certain types of cancers, including cancer of the breast or uterus (womb). If you have or have had cancer, talk with your healthcare provider about whether you should use IMVEXXY.

- currently have or have had blood clots, stroke, heart attack, liver problems, or a bleeding disorder.
- are allergic to IMVEXXY or any of its ingredients. See the list of ingredients at the end of the full patient information.
- · think you may be pregnant. IMVEXXY is not for pregnant women.

WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE USING IMVEXXY

- · have any unusual vaginal bleeding.
- have certain medical conditions. Your healthcare provider may need to check you more carefully if you have certain medical conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, angioedema (swelling of face and tongue), problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- are going to have surgery or will be on bed rest. You may need to stop using IMVEXXY.
- are breast feeding. The hormone in IMVEXXY can pass into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, yitamins, and herbal supplements. IMVEXXY may affect the way other medicines work, and other medicines may affect how IMVEXXY works.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMVEXXY?

Serious, but less common side effects could include: heart attack, stroke, blood clots, cancer of the ovary, breast cancer, cancer of the lining of the uterus (womb), dementia, gallbladder disease, high blood calcium (hypercalcemia), changes in vision, high blood pressure, high triglyceride (fat) levels in your blood, liver problems, low thyroid levels in your blood, fluid retention, low blood calcium (hypocalcemia), enlargement of benian tumors of the uterus ("fibroids"), worsening of angioedema (swelling of face and tongue), changes in certain laboratory test results.

Call your healthcare provider right away if you get any of the following warning signs or any other unusual symptoms that concern you: new breast lumps, unusual vaginal bleeding, changes in vision or speech, sudden, new, severe headaches, severe pains in your chest or legs with or without shortness of breath, weakness, and fatique.

The most common side effects of IMVEXXY include: headache, breast tenderness or pain, nausea and

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. You may report side effects to FDA at 1-800-FDA-1088 and/or TherapeuticsMD at 1-888-228-0150.

The risk information provided here is not comprehensive. To learn more, talk about IMVEXXY with your healthcare provider or pharmacist.
The FDA-approved labeling can be found at www.IMVEXXY.com

IMVEXXY is a registered trademark of TherapeuticsMD, Inc. 2019 TherapeuticsMD, Inc. All rights reserved. IVXY-20315 7/2019 Therapeutics MD*

MORE IDEAS TO STEAL

Because sometimes it's worth it to break the (paint) rules.





COLOR PAIRING

Double the impact by applying two bold colors. Keep the sheens consistent so the result looks intentional and uniform. (For example, both colors in the space above are Annie Sloan Chalk Paint.)

OUNFINISHED

No taping required. Simply stop rolling at a consistent height.



MOUNTAIN PEAKS

Zigzag lines across a wall for a bit of whimsy in a kids room or play space. Mask off peaks and paint them your child's favorite color.



Hover your smartphone camera over this code to see our secrets for getting a smooth paint finish.

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It's proven quality sleep.

Designed to keep you and your partner effortlessly comfortable, the Sleep Number 360° smart bed senses your movements then automatically adjusts. You can actually feel it contour to your head, neck, shoulders, back and hips, relieving pressure points.





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ADJUSTABLE COMFORT ON EACH SIDE



CONTOURS TO YOU FOR MORE PROPER SPINAL ALIGNMENT



SHOWS HOW WELL YOU'RE SLEEPING



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100-NIGHT



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Get a flu shot and all your flu season essentials at Rite Aid.*

No cost with most insurance.** No appointment needed.



*Vaccines available while supplies last. Age restrictions apply in some states. **See pharmacist for details

I wish to train with astronauts

Addison, 8 Wilms tumor

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Connect with a Parent Specialist for free. Call 1-855-DRUGFREE or Text 55753

TAKE YOUR FORK ON AN ulumi



CINNAMON APPLE PIE

INGREDIENTS:

Crust:

- 1 refrigerated Pie Crust
- 1 Tbsp. butter, melted
- · 2 tsp. cinnamon

Filling:

- 2 cans Lucky Leaf Premium Apple Fruit Filling
- 1 stick butter, softened (8 Tbsp.)
- 1 cup flour
- 1 cup light brown sugar
- ½ cup powdered sugar
- 1/4 tsp. vanilla
- 1/4 tsp. cinnamon
- · 2 tsp. milk

DIRECTIONS:

Preheat oven to 400°F • Unroll pie crust on lightly floured surface

- Brush with butter and sprinkle evenly with cinnamon Roll up tightly and slice into 1/2-inch rounds, like miniature cinnamon rolls
- Press evenly into bottom and sides of 9-inch pie plate, making sure there are no spaces between the rolls . Pour 2 cans of Lucky Leaf Premium Apple Fruit Filling on top of the crust • Combine butter, flour and brown sugar in a large bowl and form into crumbles using a pastry blender • Sprinkle crumbles over apple filling • Bake until top and crust are golden brown and filling is bubbling, about 40-45 minutes (cover top/crust with foil if necessary) • Remove from oven and cool . Whisk together powdered sugar, vanilla, cinnamon and milk in small bowl to form icing (add more sugar or milk to reach desired consistency) • Drizzle over cooled pie









freshened up

At its simplest, a powder room is a room of convenience. At its best, it's like one of these examples—an expression of personal style and a bonus for guests.





VERONICA SOLOMON

This Houston interior designer wanted the feel of a Paris apartment in her own powder room. On the list: moldings, marble, and touches of gold.

STYLE STARTER

A carpenter covered the existing textured walls and ceiling with plywood then applied panel moldings (No. 9811; decorators supply.com).

IMPACT MOVE

A wall-mount faucet looks sophisticated and leaves more space for the sink.

DESIGN LESSON

Go wide. A wall-towall countertop and shelf instill drama and maximize surface area.









i did it!

JODIE ITAMI sypsie.com

Faced with a basic builder bath, this do-it-yourselfer turned to stone colors and wood accents.

STYLE STARTER

The look of artisanal cement tiles in easy-care ceramic (Merola Tile Twenties Vintage; homedepot.com).

IMPACT MOVE

An assortment of framed artwork on narrow DIY ledges fills a bare wall.

DESIGN LESSON

A wide abovecounter sink is a good choice when retrofitting because the hole you cut in the countertop doesn't have to be perfect.

Show us what you made

Send photos of you with your latest project to IDidIt@ meredith.com, and post on Instagram with our #BHGIDidIt hashtag.

- The Whole Picture on Half Baths -

What your guests will notice and appreciate about a powder room.

LUXE MATERIALS

When there's not much square footage, splurge on a pricey flooring and wallcovering, and save by using remnants or leftover materials.

Describing Room

Consider a wall-mount toilet or vanity and floating shelves to take up less floor space. Keep in mind heavier items might require special bracing behind the drywall.

PRACTICALITY
Make sure you outfit
the room with all the
essentials: a well-lit mirror,
hand towels, tissues, a
wastebasket, and easyto-find spare toilet paper.

PRIVACY
A standard door
blocks sound better than
a pocket or barn door.
Frosted glass isn't always
as private as it seems. And
be sure the lock works.

Protection you can count on all night long

Mornings are better with Depend® Night Defense Underwear! With up to 12 hours of protection to help you stay dry and comfortable, you can wake refreshed and ready to start the day.



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UP TO 12 HOURS PROTECTION

* vs. regular underwear †Purchase by 3/1/21. Redeem within 30 days of purchase. See depend.com/guarantee for details



REBEKAH DEMPSEY ablissfulnest.com This Dallas interior designer lightened up her friend's bath.

STYLE STARTER
A modern wallpaper



60 BH&G | November 2019

(Silhouette in Navy; caitlinwilson.com).

IMPACT MOVE

Though a powder room can handle floor-to-ceiling wallpaper better than most baths, pairing it with wainscoting means you need only half as much.

Semigloss paint on the board-and-batten used here requires less elbow grease to keep clean.

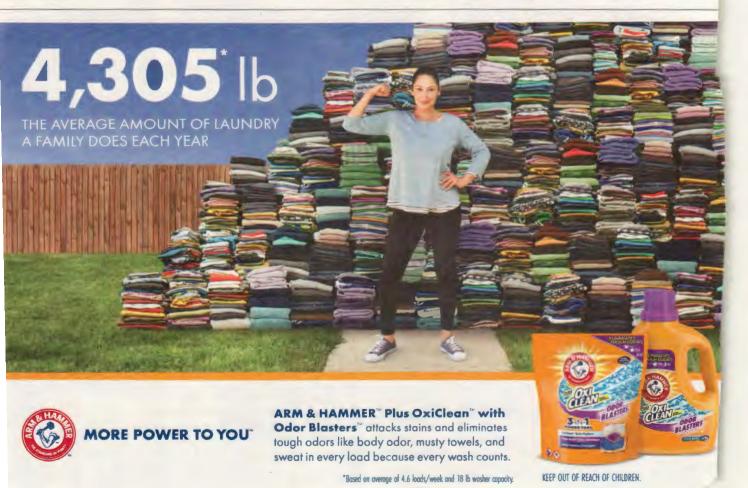
DESIGN LESSON

You can transform a room without remodeling. Keep fixtures and flooring that are in good condition and focus your budget on easy replacements, like this shapely mirror and high-arc faucet (Trinsic Widespread; deltafaucet.com).



CENTERPIECE

If you make only one change to your powder room, replace a plain, rectangular mirror with one in a statement frame.





BUYING INFORMATION: BHG.com/Resources



TRACEY
AMADIO
porchdaydreamer.com
A devotee of modern
coastal style and
budget makeovers,
this Charlotte
blogger focused on

her powder room.

STYLE STARTER
Behr's 2019 Color of
the Year: Blueprint

a few key swaps in

S470-5; behr.com. IMPACT MOVE Tracey gave the vanity a paint and

vanity a paint and glaze finish that evokes the color and visual texture of driftwood. The new

countertop came from the home center with the sink already in place.

DESIGN LESSON

A white backdrop downplays a white toilet, keeping it from feeling like a focal point. Here, painted board-and-batten wainscoting teams with a ceramic tile floor (Jeffrey Court Dovetail White; homedepot.com).



November 2019 | BH&G 61

12 HOURS OF COUGH RELIEF TO

COOK A MEAL, EAT A MEAL, HANG WITH YOUR FRIENDS, IGNORE YOUR FRIENDS, WEAR A DISGUISE SO YOUR FRIENDS DON'T RECOGNIZE YOU, FLY A KITE, DO A JIGSAW PUZZLE, GO FOR A RIDE ON A TANDEM BICYCLE, GO ON A DATE, GO ON ANOTHER DATE BECAUSE THE FIRST DATE WAS ONLY SO-SO, ROLL DOWN A HILL OR WHATEVER ELSE YOU WANT TO DO.

12 hours of freedom from cough and congestion.

NEW! Robitussin 12 Hour

IT'S NEVER JUST A COUGH



ASTERS

As the rest of the garden fades, these perennials start a show that goes well into fall. Sometimes being the last to arrive is a very good thing.



'BRIDAL YEIL'

This white-flower variety has a graceful weeping habit (24" tall by 54" wide).

CALICO ASTER (SYMPHYOTRICHUM LATERIFLORUM)

Flowers line the airy, arching branches (24" to 36" tall and wide).

'KYLIE'

Semidouble pink flowers bloom prolifically (36" tall and wide).

'PURPLE DOME'

Flowers cover the tidy mound (24" tall by 36" wide).

LOU WILLIAMS

This aster is prized for its bright color and height (60" tall by 24" wide).

'JINDAI'

Its purple flowers bloom especially late—all the way into November (48" tall by 36" wide).

SMOOTH ASTER (S. LAEVE)

The blue-green foliage on this North American native looks good through fall (48" tall by 24" wide).

'NICHOLAS'

This variety (24" tall and wide) resists disease especially well. If you can't find it, look for its more widely available relative, 'Little Carlow'.



IN THE PALM OF YOUR HAND

Softsoap

©2019 Colgate-Palmolive Company





Their late-season bloom has made asters a favorite among gardeners. The vast range of colors and charmina starburst flowers (aster is Greek for star) cement their MVP status. Asters' genus names have gone through some changes through the years, but you should be able to find them labeled simply as asters at

most nurseries. GROWING CONDITIONS

Asters are tough, adaptable plants, but give them the optimum conditions, and they'll reward you by pumping out more flowers. A handful of varieties can take part shade; most do best in full sun. They can handle a variety of soils and moisture levels but thrive in any well-draining soil. Most are hardy to Zone 4.

CARE

If your soil is lean, add compost when planting or top-dress in the spring and fall. To prevent tall varieties from flopping over, trim plants by a third to half in May. For the first few months after planting, water weekly if it hasn't rained. Then taper back to once every two weeks for the

first year. Established asters are droughttolerant and won't need supplemental water unless you go several weeks without rain.

DISEASES & PESTS

Powdery mildew and rust are two of the most common problems. To avoid powdery mildew, keep foliage dry by watering the soil around the root zone and provide good air circulation. If mildew develops, remove infected stems and treat the rest of the plant with an organic fungicide. For rust, providing the right growing conditions adequate spacing,

water, and light—
should be enough
to keep it at bay. If it
becomes an issue, try
planting asters among
other perennials to
hide damaged foliage.
In terms of wildlife,
rabbits might nibble
on asters, but deer
typically ignore them.

- PROPAGATION

Most asters are clump-forming, so propagating them is simply a matter of digging up and dividing the clumps in early spring every two to three years.

SOURCES

- bluestone perennials.com
- diggingdog.com
- prairiemoon.com
- whiteflowerfarm.com

COMBOS TO TRY

Taller asters mix well with large perennials in the middle of beds; try small types along paths. Some natural partners:



GOLDSTURM' BLACK-EYED SUSAN

Plant this cheerful, relatively compact plant (24" to 36" tall) alongside shorter asters.



'KARL FOERSTER' FEATHER REED GRASS

For extra texture in a bed of asters, try this reliable ornamental grass. Its tawny stems reach 5 feet tall.



BLUE STAR (AMSONIA HUBRICHTII)

Named for its spring flowers, this shrublike perennial's leaves turn golden yellow in fall, making it a warm foil for asters.



the dirt BRINGING HERBS INDOORS

well-rooted clumps of potting size. Woody, ood night, lawn. Good night, weeds. Good night, scratchy, prickly squash shrublike herbs that are awkward to dia (like vines sprawling free. Putting the garden sage) require planning: It's best to plant a to bed in fall can be a relief. But there's separate small pot in spring for the purpose of bringing indoors in fall. Rosemary and bay one bit of the summer garden you'll can move indoors as it gets colder and back want to hold onto: fresh herbs. Thankfully, you can bring most herbs out in the spring in their permanent pots. indoors before the first freeze and keep them By now, annuals like dill and cilantro have probably already gone to seed. But if you've for snipping. But different herbs require different got some volunteer seedlings, repot them in care to extend their growing season. containers suitable for inside. Basil plants that Hardy perennial herbs you've kept compact with regular pinching that form clumps, such can also be dug up and repotted, as oregano, marjoram, or start cuttings for a second and thyme, can round of crops. be divided into Herbs can struggle in dry, heated indoor air. For humidity, place pots in a pebblefilled tray. Water pots regularly, allowing overflow to fill tray. No sun? Grow herbs under fluorescent bulbs or a grow-light

TO KEEP INDOOR HERBS clean and pest-free throughout the winter, tilt pots over the sink and gently rinse their foliage with water from the tap.



[BARBARA SUGGESTS]
FROM
GARDEN
TO POT

1

TRANSPLANT

Dig up your herbs with soil attached and place in a pot, filling spaces around the roots with a peat-and-perlite potting mix.

Press soil firmly, leaving an inch between soil and pot rim; water thoroughly.

2

LET IT ACCLIMATE

Wash leaves to remove bugs then set in a spot with indirect light indoors. (Don't put the herbs in bright sun right away.) After a few weeks, move pot to a spot that gets at least four hours of sun or bright light.

3

TAKE CUTTINGS

To prolong your access to soft-stem plants like basil, lemon balm, and mint, let sprigs develop roots in glasses of water then pot them.



DIV DRY HERRS

Simply hover your smartphone camera over this smart code to learn how to make your own herbdrying rack.



Designed for light bladder leaks, Poise* Ultra Thin Pads stay 5x drier* and are made with Thin-Flex* technology that moves with you. **Get a free sample at Poise.com**

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HORIZONS

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a patient-first
lung cancer resource.

Your home is the place you can unwind, relax and recharge from the hustle and bustle of daily life. It can also provide the comfort and solace you need as you rest and recover during your lung cancer journey. Read on for some simple ways to prepare your home for treatment.

CREATE A COMFORT ZONE

Pick a spot in your home for resting and make it as comfortable as possible. Choose a place where you can easily refill a drink or grab a snack. Make sure there are plenty of power outlets for charging devices, and that you are positioned so you can easily adjust the lighting and temperature. Add some extra pillows and blankets, and keep something close that lifts your spirits—a photo album, some plants or maybe a favorite stuffed animal.

WATCH FOR DANGER SPOTS

You may have slippery floors that never trip you up—but could pose a problem when you feel weak or tired. Consider installing non-slip safety strips on floors or stairs, as well as grab bars in the shower.

CLEAR OUT THE MEDICINE CHEST

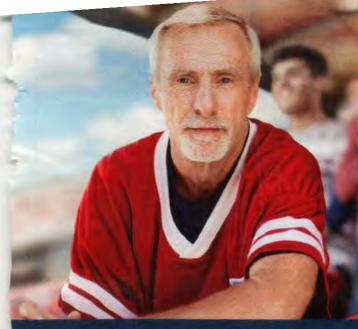
Going through your cabinets and removing old medications can make things easier on yourself and your caregivers. Check the FDA's website for tips on how to dispose of drugs safely. Place the medications you'll need in a location that's convenient and safe.

STAY ORGANIZED

A well-placed wall calendar for recording medical appointments and medication schedules can help you and your loved ones stay on top of your care. Designate a folder for important papers, such as care instructions from your doctor, and keep it in an easily accessible place.

STOCK THE KITCHEN

Protein and easy-to-digest foods will help you maintain your energy. Fill your fridge and pantry with foods such as low-fat yogurt and oatmeal. Also, check your home inventory for basics like toilet paper, paper towels and toiletries. Have a plan to replenish any items that are running low.



WITH STAGE 3 LUNG CANCER

TO CONTINUE FIGHTING MY CANCER AFTER CRT

FIRST & ONLY TREATMENT APPROVED for people with unresectable Stage 3 non-small cell lung cancer (NSCLC) whose disease has not progressed following concurrent chemoradiation therapy (CRT).

IMFINZI SIGNIFICANTLY REDUCED THE CHANCE OF LUNG **CANCER SPREADING**

IMFINZI may not work for everyone.

IMFINZI is an immunotherapy. People receiving IMFINZI had a 48% lower chance of lung cancer growing or spreading than those receiving placebo (no medicine). It was also proven to give people 3x more time without their cancer spreading compared with placebo. Before IMFINZI, the last 10 years showed only limited advancements to the current standard of care for unresectable Stage 3 NSCLC.

*In a clinical trial, the median time tumors did not grow or spread was 16.8 months for the 476 patients receiving IMFINZI compared with 5.6 months for the 237 patients receiving placebo. Median is the middle number in a group of numbers arranged from lowest to highest. Individual results may vary.

IMFINZI was studied in 713 patients with unresectable Stage 3 NSCLC who completed at least 2 cycles of chemotherapy that contained platinum given at the same time (concurrent) as radiation before starting the trial. Patients in the study had good performance status (WHO 0 or 1). IMFINZI was tested against placebo (no medication).

The main goal of the trial was to measure the length of time people remained progression free (without cancer growing or spreading) and overall survival. At the time of analysis, overall survival comparison was not yet available. This trial is still ongoing.

WHO IS IMFINZI FOR?

IMFINZI® (durvalumab) is a prescription medicine used to treat a type of lung cancer called non-small cell lung cancer (NSCLC), IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFIN7I is safe and effective in children

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system IMPINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death

Call or see your healthcare provider right away if you develop any symptoms of the following problems or if these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms may include new or worsening cough, shortness of breath, and chest pain.

Liver problems (hepatitis). Signs and symptoms may include yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stornach area (abdomen), drowsiness, dark urine (tea colored), bleeding or bruising more easily than normal, and feeling less hungry than usual.

Intestinal problems (colitis). Signs and symptoms may include diarrhea or more bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness.

Hormone gland problems (especially the thyroid, adrenals, pituitary, and pancreas). Signs and symptoms that your hormone glands are not working properly may include headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; feeling more hungry or thirsty than usual; hair loss; feeling cold; constipation; your voice gets deeper, urinating more often than usual; nausea or vomiting; stomach-area (abdomen) pain; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include decrease in the amount of urine, blood in your urine, swelling of your ankles, and loss of appetite.

Skin problems. Signs may include rash, itching, and skin blistering.

Problems in other organs. Signs and symptoms may include neck stiffness; headache; confusion; fever; chest pain, shortness of breath, or irregular heartbeat (myocarditis); changes in mood or behavior, low red

ASK YOUR DOCTOR ABOUT IMFINZI. VISIT IMFINZI.COM

blood cells (anemia); excessive bleeding or bruising; muscle weakness or muscle pain; blurry vision, double vision, or other vision problems; and eye pain or redness.

Severe infections. Signs and symptoms may include fever, cough, frequent urination, pain when urinating, and flu-like symptoms

Severe infusion reactions. Signs and symptoms may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, and facial swelling.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with conticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI if you have severe side effects.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you have immune system problems such as Crohn's disease, ulcerative colitis, or lunus; have had an organ transplant; have lung or breathing problems; have liver problems; or are being treated for an infection.

If you are pregnant or plan to become pregnant, tell your healthcare provider. IMFINZI can harm your unborn beby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about which birth control methods to use. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZ

If you are breastfeeding or plan to breastfeed, tell your healthcare provider. It is not known if IMFINZI passes into breast milk. Do not breastfeed during treatment with IMFINZI and for at least 3 months after the last dose of IMFINZI

Tell your healthcare provider about all the medicines you take. This includes prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see earlier).

The most common side effects in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs (pneumonitis), upper respiratory tract infections, shortness of breath,

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of complete Prescribing Information on the following page.

If you cannot afford your medications, AstraZeneca may be able to help. Visit AstraZeneca-us.com to find out how.





IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get WORSE:

Lung problems (pneumonitis). Signs and symptoms of pneumonitis may include:

- new or worsening cough
- · shortness of breath
- · chest pain

Liver problems (hepatitis). Signs and symptoms of hepatitis may include:

- · yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- · bleeding or bruising more easily than normal
- feeling less hungry than usual

Intestinal problems (colitis). Signs and symptoms of colitis may include:

- diarrhea or more bowel movements than usual
- stools that are black, tarry, sticky, or have blood or mucus
- severe stomach area (abdomen) pain or tenderness

Hormone gland problems (especially the thyroid, adrenals, pituitary and pancreas).

Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness
- · weight gain or weight loss
- dizziness or fainting
- · feeling more hungry or thirsty than usual
- hair loss
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- feeling cold
- constipation
- · your voice gets deeper
- · urinating more often than usual
- nausea or vomiting
- stomach area (abdomen) pain

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

- · decrease in the amount of urine
- blood in your urine
- · swelling of your ankles
- loss of appetite

Skin problems. Signs of these problems may include:

- rash
- itching
- skin blistering

Problems in other organs. Signs and symptoms may include:

- neck stiffness
- headache
- confusion
- fever
- chest pain, shortness of breath, or irregular heartbeat (myocarditis)
- · changes in mood or behavior
- low red blood cells (anemia)
- · excessive bleeding or bruising
- muscle weakness or muscle pain
- blurry vision, double vision, or other vision problems
- · eve pain or redness

Severe infections. Signs and symptoms may include:

- fever
- cough
- frequent urination
- · pain when unnating
- flu-like symptoms

Severe infusion reactions. Signs and symptoms of severe infusion reactions may include:

- chills or shaking
- · itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- e fovor
- · feel like passing out
- back or neck pain
- facial swelling

Getting medical treatment right away may help keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI, if you have severe side effects.

WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat:

- a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC:
 - · has not spread outside your chest
 - cannot be removed by surgery, and
 - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- · are being treated for an infection
- are pregnant or plan to become pregnant.
 IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an

(continued)

effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

 are breastfeeding or pian to breastfeed. It is not known if IMFINZI passes into your breast milk.
 Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

HOW WILL I RECEIVE IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI?

IMFINZI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

SEE "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?"

The most common side effects of IMFINZI in people with NSCLC include:

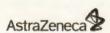
- cough
- feeling tired
- inflammation in the lungs (pneumonitis)
- upper respiratory tract infections
- · shortness of breath
- rach

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.



Manufactured for: AstraZeneca Pharmaceuticals LP, Wilmington, DE 19850 US License No. 2043

USLICENSE NO. 2043

IMFINZI is a registered trademark of the AstraZeneca group of companies. For more information, call 1-800-236-9933 or go to www.IMFINZI.com

to www.IMFINZI.com

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SOLD



bhgre.com

food HOLIDAY BAKING Grab your oven mitts. Baking season has arrived. Opportunities to make and share a home-baked treat abound-cookie exchanges, open houses, and office parties-but who has time for a bake-a-thon? We turned to Grandbaby Cakes blogger and cookbook author Jocelyn Delk Adams for a lineup of delicious desserts that don't require an all-nighter in the kitchen or a certificate in cake decorating. These treats use simple techniques, celebrate seasonal flavors, and will impress without the stress. A bright-tasting pomegranate and orange compote dresses up the bars and contrasts the indulgent cheesecake.

WITH VANILLA BEAN WHIPPED CREAM

MAPLE CHEESECAKE Jocelyn Delk Adams' cheesecake has complex sweetness from beating in maple syrup, but she achieves a creamy texture with simple steps. • why It's easy Traditional cheesecakes bake in a springform pan in a water bath to ensure even baking and to prevent the filling from sinking. Jocelyn uses a 13×9 pan for a thinner cake, which means it bakes evenly without the cumbersome water bath.

RECIPES BEGIN ON PAGE 126.



SWEET POTATO-CHOCOLATE POUND CAKE

If you're a fan of pumpkin-spice everything, this sweet potato cake will double your cravings. "I have Southern roots, so sweet potatoes have always been a baking staple-more so than pumpkin," Jocelyn says. She beats mashed sweet potato into the subtly spiced batter, half of which she flavors with melted chocolate.



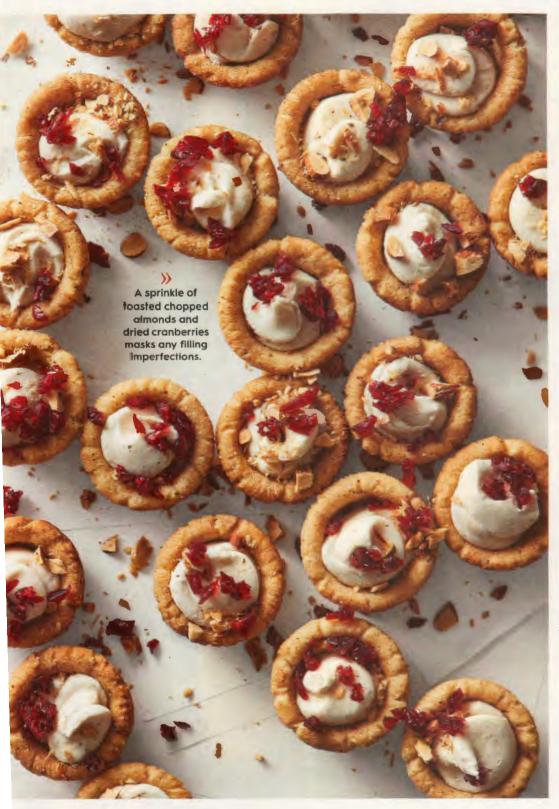
why it's easy "There's an endearing simplicity to pound cake," Jocelyn says. "The batter is super forgiving, so it's a great dessert for a novice baker." Pound cakes freeze well too. Bake a few extra and freeze them so you have dessert ready for impromptu get-togethers and pottucks throughout the season. Simply thaw and top with warm ganache to serve.



*Among OTC pain medicines.
Use as directed, @2019 GSK group of companies or its licensor.

WHAT PAIN?

66THE INTOXICATING SMELL OF NUTTY BROWN BUTTER IS REASON ALONE TO BAKE THESE COOKIE CUPS. 99



BROWN BUTTER SNICKERDOODLE COOKIE CUPS

Jocelyn reinvented the snickerdoodle cookie, starting with the addition of brown butter. "The toasted nuttiness and caramelization amplifies the yum factor," she says. She stirs half the brown butter into the cookie dough, which she pats into mini muffin tins to create tassie cups. The rest of the brown butter gets beaten with milk and powdered sugar for a decadent frosting filling.

• why it's easy

These cute cups get a gold star for presentation without much hassle. Skip the piping bag and tips: Either spoon the frosting directly into the baked cookie cups or place the frosting in a resealable plastic bag, snip off an end, and squeeze to fill.



MORE FROM JOCELYN
Her cookbook (named
after her blog)
celebrates family
traditions with both
passed-down and
forward-looking cake
recipes (\$23;
agatepublishing.com).



66 FOR SKILLET CAKES, CAST IRON CREATES THE MOST MAGICAL CRISP EDGES AND TENDER INTERIORS.



CARAMELIZED PEAR SKILLET

"This upside-down cake is deceptively easy even though its impressive appearance might indicate otherwise," Jocelyn says. She tops the spice-laden molasses cake with a quick bourbon hard sauce. "Expect oohs and aahs when you flip this one aut of the skillet. A scoop of vanilla ice cream served over the warm cake takes it over the top."

why it's easy

Jocelyn starts by placing pear halves cut side down in a cast-iron skillet. They caramelize in a mixture of brown sugar and melted butter while she mixes together the cake batter. "This cake is inherently gorgeousyou need zero decorating skills. Arrange the fruit however you please; when you invert the skillet, you get a magical surprise."

Jocelyn's BEST BAKING PRACTICES

A few pointers to keep in mind before you heat the oven. "Read the recipe top to bottom before you start. You dan't want an unexpected overnight chilling step to derail your plans to bring a homemade tart to a holiday party."

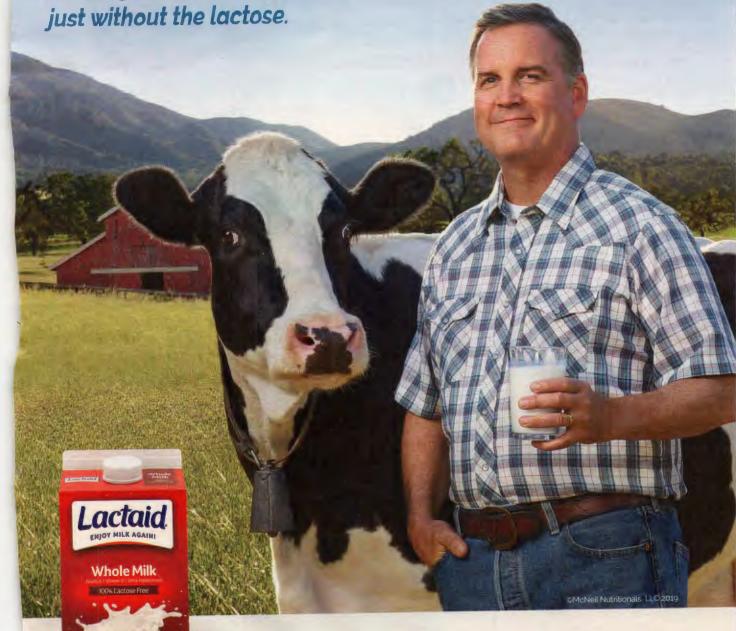
"Salt is the most crucial ingredient for a well-balanced and flavorful dessert. I personally love finely ground sea salt, but if iodized table salt is all you have, go for it."

"I use unsafted butter and add salt separately; it gives me more control. But if a cake craving calls and salted butter is what you've got, omit the salt in the recipe."

"All ovens are different, so temperatures and baking times may vary. Check your baked goods a few minutes before time is up to ensure you don't overbake."

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Lactaid

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SPREADING HOLIDAY CHEER

This holiday season. Kate Bowler from DomestiKatedLife.com is sharing her best tips and tricks for effortlessly creating a wow-worthy charcuterie board! Her first step to spreading holiday cheer—using Boursin® Cheese.

SEASONAL SELECTION

Select special ingredients to elevate your charcuterie board for the holidays, like Boursin® Garlic & Fine Herbs Cheese, or a variety of gourmet charcuterie, seasonal nuts, herbs and fruits for garnishing.

BUILD YOUR BOARD

Start by placing key elements on the board first, like your cheeses and bowls to hold smaller ingredients. Use these as pillars to balance the layout and fill in with supporting ingredients.

3 MADE TO WOW™ STYLING

Add styling elements that give your board a wow-factor: delicately fold pieces of sliced charcuterie, fan out crackers, and bring in different shapes like rustic breadsticks for added texture.

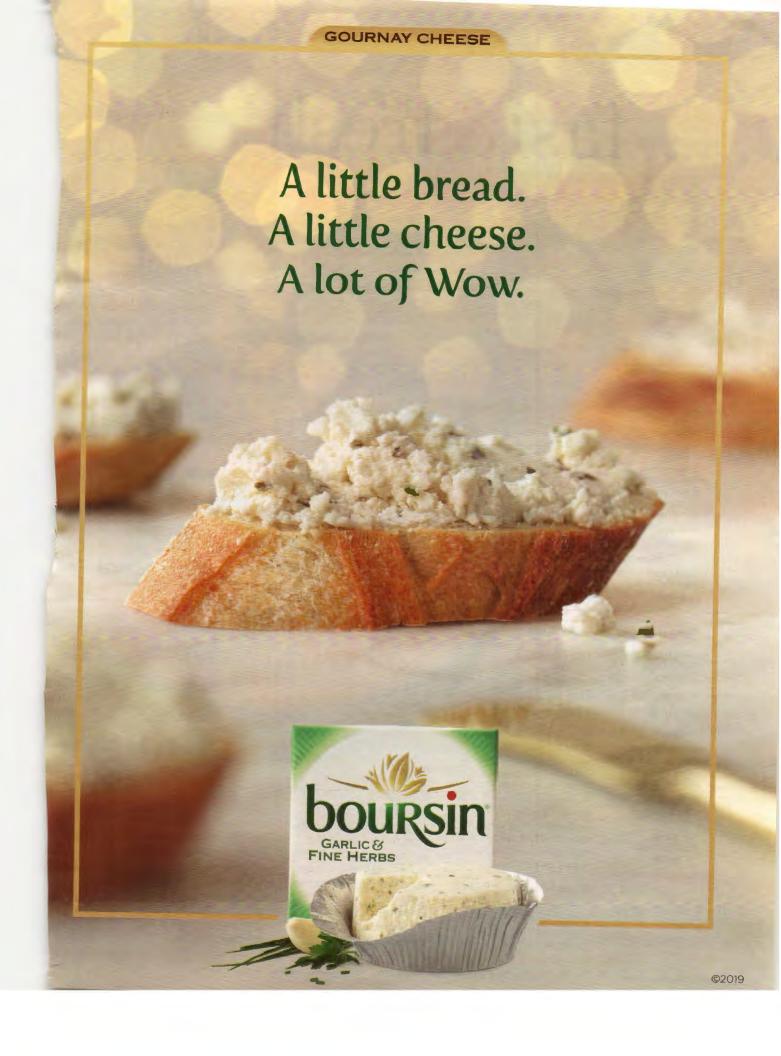
FESTIVE FINISHING

Create a sense of depth and movement on the board by using tiny bowls, low mason jars, or layering on smaller marble boards to hold ingredients.

> To make your board feel extra festive, select ingredients that speak to the seasons like sprigs of rosemary or cranberries.







fastefesh easy, delicious recipes for a better dinner tonight

SPECIAL



2 medium. white and light green parts chopped and washed



THAI RED CURRY PASTE 2 Tbsp.



MASHED SWEET POTATOES



UNSWEETENED COCONUT MILK one 13- to 14-oz. can



LIME l, zested and juiced



RED CURRY-LIME SWEET POTATO SOUP

This is by far the easiest way we've found to clean leeks: After chopping, place them in a bowl of cold water and swirl with your hand. The dirt will fall to the bottom of the bowl. Remove the leeks and pat dry with paper towels. TOTAL TIME 35 min.

1. In a 4- to 5-qt. saucepan heat 2 Tbsp. vegetable oil over medium. Add leeks and a pinch of salt. Cover and cook until tender, about 8 minutes. Stir in red curry paste. Increase heat to medium-high. Cook and stir I minute; stir in sweet potatoes, coconut milk, 3 cups water, and 1 tsp. salt. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until heated through, stirring occasionally. Remove. Let cool slightly.

2. Using an immersion blender, blend until smooth. Stir in lime zest and juice; heat through. If desired, drizzle with olive oil, sprinkle with black pepper, and top with cilantro. Serves 6. EACH SERVING 330 cal, 15 q fat (10 g sat fat), 540 mg sodium, 44 g carb, 6 g fiber, 14 g sugars, 4 g pro



IT BOESN'T COUNT UNLESS IT'S DELI FRESH



Oscar Mayer Deli Fresh is made with all the flavor of the deli, no artificial preservatives or added nitrates or nitrites* so you can make every sandwich count.

MAKE EVERY SAREWISE RETURN

"except more naturally occurring in with a colonique



2 cups



GARLIC I clove, minced



BREAD STUFFING



1 EGG



FRESH
THYME OR SAGE
LEAVES
2 isp. chopped



1 head, leaves coarsely forn



PARSLEY AND
DILL LEAVES
½ cup each
lightly packed



SOUR CREAM



LEMON JUICE 2 Tbsp.



MUSHROOM PATTIES WITH SOUR CREAM AND HERBS

Chopping the stuffing and mushrooms in a food processor ensures uniform texture regardless of the stuffing you start with. Try a variety of mushrooms, including button, baby bella, or shiitake.

TOTAL TIME 40 min.

1. In a large skillet heat 2 Tbsp. olive oil and 2 Tbsp. butter over medium; add mushrooms, garlic, and a pinch of salt. Cook 4 to 6 minutes or until mushrooms are browned and liquid evaporates, stirring occasionally. Transfer to a food processor.

2. Add stuffing, egg, thyme, 1/2 tsp. salt, and 1/4 tsp. black pepper to mushroom mixture. Cover; process until finely chopped. Spoon mixture into 12 mounds on a parchment paper-lined baking sheet. Flatten each to 1/4 inch thick. If desired, cover and chill up to 4 hours. 3. Place 1/3 cup flour in a shallow dish. Coat both sides of patties with flour. In a large skillet heat 1 Tbsp. olive oil over medium. Add patties to skillet in batches (do not crowd). Cook 2 to 3 minutes on each side or until

browned and heated through. Place on a baking sheet. Keep warm in a 200°F oven. Repeat with remaining patties, adding additional oil to skillet if necessary. 4. In a large bowl toss

4. In a large bowl foss together lettuce and herbs. Divide among four plates. For dressing: In a small bowl whisk together sour cream, lemon juice, 1 tsp. water, and a pinch of salt and black pepper. Top lettuce mixture with patties. Drizzle with dressing. Serves 4.

EACH SERVING 532 cal, 39 g fat (11 g sat fat), 71 mg chol, 954 mg sodium, 39 g carb, 2 g fiber, 5 g sugars, 9 g pro





SMOOTH GRAVY



No MSG* No Artificial Flavors

Explore this recipe and more at McCormick.com/holiday

*Except those naturally occurring glutamates



GARLIC 3 cloves, minced



COARSE FRESH BREAD CRUMBS



2 Tbsp. coarsely chopped



CELERY
3/4 cup chopped



HEAVY CREAM



3 cups shredded



FRESH
THYME OR SAGE
LEAVES
1 tsp. chopped

LINGUINE

8 oz.

SA.

PARMESAN CHEESE 1/2 cup grated



CAPERS 2 to 3 Tbsp. drained

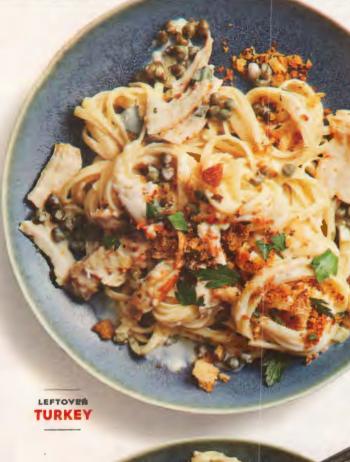
CREAMY PASTA WITH TURKEY AND CRISPY CRUMBS

Think of this quick skillet pasta as a cross between Tetrazzini and piccata. If you have leftover gravy from your holiday meal, use it in place of the cream for a richer sauce, but be mindful not to let the gravy boil.

TOTAL TIME 35 min.

- 1. In a large skillet heat
 1 Tbsp. butter over medium
 Add half the garlic; cook
 30 seconds. Add bread
 crumbs and a pinch of salt.
 Cook and stir 2 minutes or
 until bread crumbs are
 golden brown and aromatic.
 Transfer to a small bowl.
 Wipe out pan. Stir parsley
 into bread crumbs.
- 2. Bring a large pot of salted water to boiling. Meanwhile, melt 1 Tbsp. butter in the skillet. Add celery and remaining garlic; cook and stir over medium 5 minutes. Stir in cream; simmer, uncovered, 3 minutes. Add turkey and thyme; cook and stir until heated through.
- **5.** Cook pasta according to package directions. Drain, reserving ½ cup cooking liquid. Stir cooking liquid into turkey mixture then toss with pasta. Stir in cheese, capers, ½ tsp. salt, and ½ tsp. black pepper. Divide among four plates; top each with bread crumbs. Serves 4.

EACH SERVING 730 cal, 37 g fat (21 g sat fat), 204 mg choi, 710 mg sodium, 51 g carb, 3 g fiber, 4 g sugars, 46 g pro







- Preheat oven to 350°F. Rub the bottom and sides of a 13 x 9-inch glass baking dish with cut sides of garlic clove and coat it with cooking spray.
- Whisk together cream, Miracle Whip, salt, and pepper in a medium bowl. Stir in cheddar.
- Cut potatoes into 1/8-inch-thick slices.
 Arrange half of slices in prepared baking dish;
 pour over half of cream sauce. Arrange
- remaining half of slices in dish; pour remaining sauce over top. Cover dish tightly with foil; bake at 350°F for 1 hour or until potatoes are almost tender.
- 4. Uncover baking dish. Sprinkle gratin evenly with Parmesan cheese. Bake at 350°F until potatoes are tender, about 15 minutes. Broil for 2 minutes or until top is lightly browned.
- Let stand 10 minutes and garnish with parsley.





SPICY OR SWEET ITALIAN SAUSAGE

1½ lb., casings removed and cut into 1-inch pieces



RED ONION

1, halved and thinly
sliced (1 cup)



We love this easy and neater way to chop canned plum tomatoes: Use a pair of kitchen shears to cut them up right in the can, then pour the whole can into the skillet.

1. In a 12-inch skillet heat 1 Tbsp. olive oil over mediumhigh. Add sausage in a single layer. Cook 5 minutes

TOTAL TIME 30 min.

or until browned, stirring occasionally. Drain sausage, reserving 2 Tbsp. drippings. Return sausage to skillet. Stir in onion and garlic. Reduce heat to medium. Cook 6 minutes or until onion is tender, stirring occasionally. Add undrained tomatoes

and the cannellini beans.

to boiling; reduce heat.

Season with ¼ tsp. salt. Bring

Simmer, covered, 10 minutes, stirring occasionally.

2. Stir in green beans and olives. Cover; simmer 3 to 4 minutes or until heated thraugh. Stir in basil. Serves 6.

EACH SERVING 394 cal, 16 g fat (4 g sat fat), 34 mg chol, 1,293 mg sodium, 40 g carb, 8 g fiber, 7 g sugars, 27 g pro ■



GARLIC 4 cloves, thinly sliced



PLUM TOMATOES one 28-oz. can, coarsely chopped



CANNELLINI BEANS one 15-oz. can

one 15-oz. can, rinsed and drained



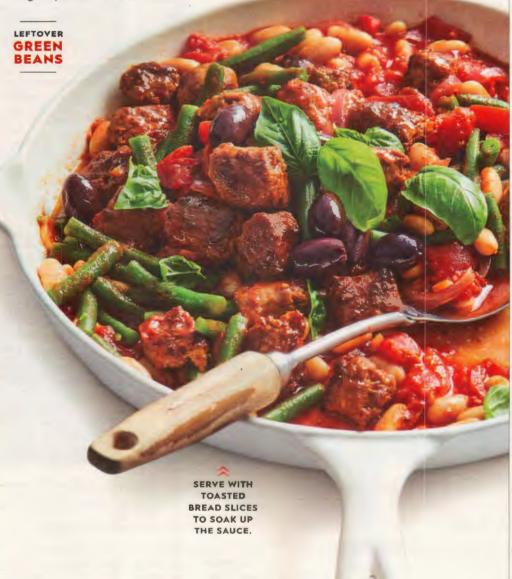
BEANS 2 cups, halved crosswise



KALAMATA OLIVES 1/4 cup pitted



BASIL 1/2 cup, chopped



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STIR YOUR PASSION

Reimagined premium flavors and textures as distinct as the regions of Italy that inspired them.



MASTERS OF PASTA

one-skillet wonder

This ham and cheese spin on shirred eggs is everything we want brunch to be: satisfying, indulgent, and practically effortless. Please pass the toast.



SKILLET-BAKED EGGS & HAM

Traditionally, shirred eggs are baked in a flat-bottom dish with a splash of cream until the whites are firm but yolks are still runny. After baking, the mixture may appear loose but continues to firm up while standing.

TOTAL TIME 25 min.

- 1 Tbsp. butter
- ½ cup chopped cooked ham
- 1/4 cup sliced leek
- 6 eggs
- 1/2 cup heavy cream
- ½ cup shredded Gruyère cheese (1 oz.)
- 2 Tbsp. chopped fresh basil
- 1. Preheat oven to 400°F. In a 9- or 10-inch cast-iron or oven-going skillet melt butter over medium.* Add ham and leek; cook and stir 2 to 3 minutes or until leek is softened.
- 2. Break eggs, one at a time, into a custard cup and gently pour into skillet, evenly spacing yolks. Drizzle cream around eggs. Sprinkle with cheese and basil.
- **5.** Transfer to oven. Bake 5 to 7 minutes or until whites are set and yolks are just starting to thicken. Let stand 5 minutes. Season with *salt* and *black pepper*. Top with additional fresh basil. Serves 4 to 6.

*TIP To serve a crowd, double the recipe. Cook in a 12-inch skillet and bake 8 to 10 minutes. EACH SERVING 378 cal.

26 g fat, (13 g sat fat), 340 mg chol, 693 mg sodium, 17 g carb, 1 g fiber, 2 g sugars, 19 g pro ■



JUST A LITTLE BIT

BRIGHTER!

Sausage Cornbread Stuffing

INGREDIENTS

- 1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
- 2 cups celery, chapped
- 1 cup onion, finely chopped
- 4 cups combread, toasted & coopped ¼ cup fresh parsley, chopped
- 1 tsp. poultry seasoning
- top. Pooliny Seasonin
- 1 cup chicker broth 1 egg, lightly beaten
- ½ cup pecans, chopped (optional)

JIMMYDEAN.COM/RECIPES

DIRECTIONS

Prep Time: 20 min. | Cook Time: 45 min.

- Preheat oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat for 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
- Add cornbread, parsley and seasoning; mix lightly.
 Add in broth and egg, and mix until blended.
 Stir in pecans, if desired.
- Spoon into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

Cook's Tip:

To toast combread, bake at 400°F for 10 min.



Better Homes & Gardens



FROM OUR TEST KITCHEN

PREP SQUASH LIKE A PRO

If peeling and cutting up a butternut squash intimidate you, we're here to help

PLACE A TOWEL ON TOP OF YOUR KNIFE AND APPLY FIRM PRESSURE AS YOU CUT DOWNWARD.



PEEL THE SKIN

With top of the squash (the neck) pointed toward you, start in the middle and peel in firm strokes to the stem. Rotate and repeat with the other half (the body).

PEELER SMARTS A shorp Y peeler works best. We love the stainless-steel Rösle Crosswise Swivel Peeler (\$21; amazon.com) for the way it easily slices over curves and through thick skin.

CUT CROSSWISE

Lay the squash on its side. Using a large, sharp chef's knife, trim the top and bottom, then cut through the middle. SAFETY FIRST Stabilize the squash with your nondominant hand. Make an initial cut using light pressure to penetrate the squash flesh, then firmly slice all the way through. That first cut helps ensure the squash doesn't slip.

REMOVE SEEDS

Cut each section in half lengthwise. Using a large spoon, scrape out seeds and any pulp or stringy bits. Place each half cut side down and slice or chop as desired.

BONUS SNACK To roast the seeds: Rinse, drain, and dry with a paper towel. Toss with salt and olive oil; roast on a baking sheet at 300°F 50 to 60 minutes until crisp, stirring every 15 minutes.

WINTER PRODUCE MATH

Learn to gauge the approximate prepped volume of a few favorite cold-weather vegetables.



BUTTERNUT SQUASH One 2-lb. squash = 5 cups cubed or 6 cups spiralized



RADICCHIO 1 medium head = 6 oz. = 3 cups torn



FENNEL 1 medium bulb, trimmed = 10 oz. = 2 cups sliced



BRUSSELS SPROUTS 1 lb. = 5 cups shaved or 3 cups halved or sliced

NOW

S DIATURAL COME TOGETHER



Natural meat and cheese made with simple ingredients and absolutely nothing artificial.

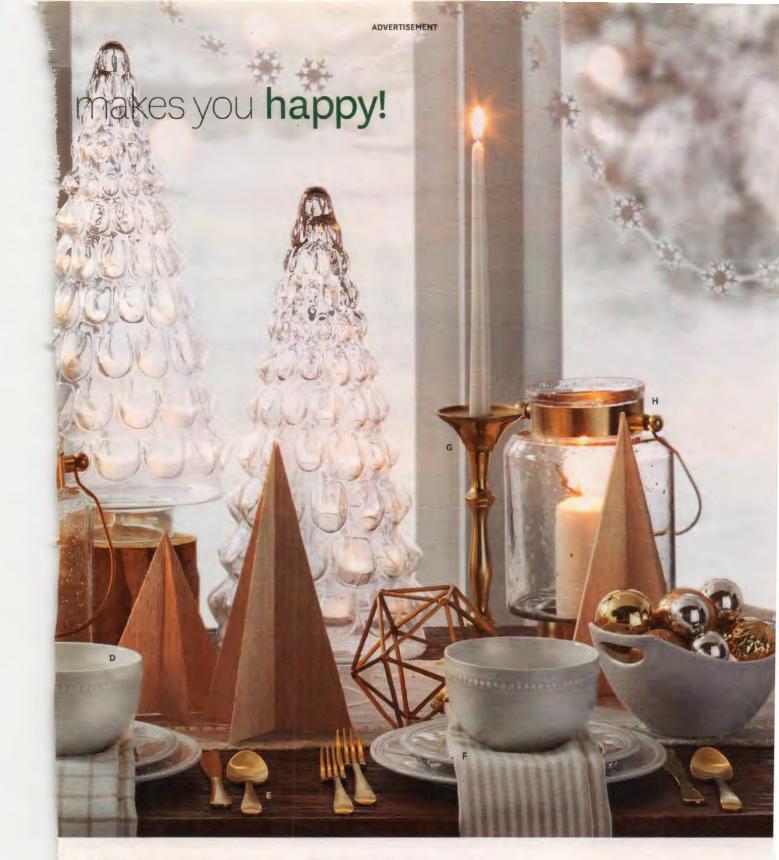


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- A. Porcelain Pitcher, \$19.76
- B. 18" Bubble Glass Tree, \$22.98 each
- C. Gold Finish Large Metal Lantern, \$19.92
 Selections and prices may vary by store and online.
- D. Sophia 16-Piece Porcelain Dinnerware Set, \$29.78
- E. 20-Piece Arlo Flatware Set, Matte Finish \$24.88 Online only
- F. Beige Farma Napkins, set of 4 \$8.93 Online only
- G. Gold Pillar & Taper Candle Holder, from \$12.94
- H. Seeded Glass Metal Rim Lantern, \$19.94 each



"Set a tabletop scene that positively glows! Add the warmth of candlelight, sparkling trees,

and shimmering golden flatware. 99





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- A. Marble Base Table Lamp, \$34.92
- B. Gray Grayson Canopy Bed, Queen \$239.00
- C. 28" Round Gold Finish Mirror, \$58.00
- D. 300 Thread Count 100% Cotton Sheet Set, Queen \$34.83
- E. Ivory Tufted Medallion 3-Piece Bedding Set, Full/Queen \$54.00
- F. Countertop Basket, \$14.88
- G. Modern Farmhouse Mix & Match Striped Mug, \$2.97
- H. Olive Wood Cooking Utensils, set of 4 \$18.99 Online only
- I. Large Porcelain Popcorn Tub, \$12.88
- J. 8 oz. Fresh Cut Frasier Boxed Candle Gift Set, \$6.97
- K. Ellis Shutter Bookcase Cabinet, \$209.00
- L. 100% Blackout Ivory Woven Texture Window Panel, 50" x 84" \$17.88

walmart.com/bhg



"Add holiday touches everywhere... an array of wraps for snuggling, a charming mantel display. ""







- M. Blush Metallic Shimmer Window Panel Pair, 76" x 84" \$14.98
- N. 5'1" Marble Base Floor Lamp, \$73.00
- O. Sweater Knit Ivory Pillow, \$12.87
- P. Gray Marlowe Chair, \$160.00 online only
- Q. Gold Nola Side Table, \$56.00 online only
- Selections and prices may vary by store and online.
- R. 7'9" x 10'10" Diamond Coast Rug, \$260.00
 Online only
- S. Velvet Plush Reverse to Sherpa Throw, \$14.93 Shown in Perth Plaid, Poinsettia and Moose Fair Isle
- T. 18" Driftwood Tree, \$19.98 each
- U. Gold Luster Tinted Colored Glass Vase, \$14.96
- V. Metal House Lantern, \$14.94
- W. Small Cream Glaze Ceramic Vase, \$16.86
- X. Marble Pillar & Taper Candle Holder, from \$12.94





BY CARRIE BOYD PHOTOS BLAINE MOATS RECIPES BY ALISON ROMAN AND ERIN JEANNE MCDOWELL FOOD STYLING GREG LUNA AND ERIN JEANNE MCDOWELL SPICY GREEN BEANS WITH HERB SALAD Let these beans heaped with fresh parsley, dill, and mint—serve as salad, palate cleanser, and brief reprieve from more indulgent dishes in the spread. Wegember 2019 BH&G 99.

Cookbook author Alison Roman can roast a Thanksgiving turkey with the best of them, but she knows her guests are secretly there for the sides. In this batch of recipes, Alison takes the buffet's usual suspects-green beans, potatoes, carrots—and applies a fresh, modern filter. If your family can't live without a particular dish, you have Alison's

permission to go ahead and add it to the table. (More is more during the holidays, right?)





"I want people to make pies. And to realize they can make good pies," says Erin Jeanne McDowell, cookbook author and dessert evangelist. For Erin; planning her next Thanksgiving dessert spread begins immediately after the dishes are done. These recipes all start with the same pastry recipe but quickly diverge into unexpected riffs on classic pie flavors. Leave your pies sans frills or try one of Erin's tricks to finish them with a bit of flair.









alk into Maggie Ford Danielson's San Francisco home on a Tuesday morning, and

you'll find a casually sophisticated space where graphic patterns and statement light fixtures stand out against a pale neutral backdrop. Tough and kid-friendly probably wouldn't be your first thought. But if you happened to be there on a Sunday afternoon, you'd experience the design's real purpose. Maggie's two girls and her sister Annie's two boys, all 5 and under, have free rein to pull a dollhouse or coloring books into the living room, tower blocks on the den floor, zip along the side porch on a scooter, or climb onto the daybed to read to Oscar, the French bulldog. Maggie and Annie, along with their husbands, Jason and Kyle, tag team kid duty while unwinding.

When Maggie and Jason bought the apartment in a traditional Victorian building, the place was dated and formal, but they knew it wouldn't take much more than paint and swapping out fixtures like the gaudy chandelier in the dining room to give it a more youthful, modern look. The trick was to furnish the rooms in a way that accommodates their busy, messy family life but doesn't look as if that's job one.

Take the living room, where an oversize sectional upholstered in pink linen sets the tone. "We call it

In the living room, a game of hide-andseek is no big deal thanks to stain guard on window treatments. Designer Jenny Wolf balanced the pale pink of the sectional with a graphic zigzag print in chocolate brown velvet. "Because it's a neutral room, we wanted more texture," she says.





PLAYING WITH VARIATIONS ADDS TO A ROOM.

INTERIOR DESIGNER JENNY WOLF

66GROWING UP, THERE WAS ALWAYS A PLAYFULNESS TO OUR HOUSE, AND I WANTED THAT TO COME ACROSS HERE.

MAGGIE FORD DANIELSON



Original paneling had the den looking heavy, traditional, and dark, dark, dark. Light gray paint brightened the space that functions as a full-time playroom ("It's literally a toy receptacle," Maggie says) and occasional guest bedroom. Maggie already had the purple flat-weave rug, which she had cut down to fit. Open baskets help her kids, Ruby and Violet, store toys or carry them to other rooms when cousins James and baby Dusty visit.

Big Pink," Maggie says. "It's huge and slouchy and gives a casual feel to what would traditionally be a formal living room." The couch is also surprisingly durable and a good alternative to the oatmeal linen you see everywhere, says interior designer and family friend Jenny Wolf, who helped the couple pull together the decorating. Wolf paired the sofa with a square wood coffee table in an unusual zebra-like finish. The top is sturdy enough to rest feet on, and kids can sit, eat, or color on it. (Something an upholstered ottoman can't handle.) The jute rug feels soft under little feet, knees, and paws, and the chunky braided texture masks crumbs.

Spots of lively color in every room create a sense of playfulness that comes naturally to Maggie. She and Annie are the second-generation faces of Benefit Cosmetics, the lighthearted, slightly irreverent brand their mother and aunt founded in the '70s and whose tagline is "Laughter is the best cosmetic." A pair of the brand's iconic stylized mannequin heads sits on display on the living room shelves—another hint that Maggie doesn't take her house too seriously. "Nothing here is too precious that I'm scared someone will drop a hot dog on it," she says.

Using her house as the family gathering spot also builds on something her mom started. "Growing up, our house was always an open door with friends and work colleagues coming and going," she says. "We used to joke that hanging out is what the Fords do best. So having a place that we could do that felt like I was continuing a tradition."



[ALL BUSINESS]

BEAUTY SECRETS

As the chief beauty ambassadors for Benefit Cosmetics (now part of LVMH), Annie, left, and Maggie travel the world for product launches and oversee the company's global philanthropy program. We asked the duo to share a few of their beauty secrets for busy working moms.

PANNIE: "If you have only a few minutes, pick your best attribute and emphasize that. For me, nothing makes me look more awake than fuller brows." (Her favorite tool is Benefit Gimme Brow+.)

***MAGGIE:** "Sheet masks (especially depuffing eye masks) are key to life for me right now. And my secret weapon is our Boi-ing Industrial Strength Concealer. You name it, it covers!"









ORKS CHRYSANTHEMUMS HAVE SPECIAL MEANINGS IN CULTURES AROUND THE WORLD, symbolizing optimism, good luck, and rejuvenation. Of course, you might think of them in more everyday terms—as the flowers you can pick up at the grocery store (and that seem to last forever). These arrangements combine the practical with the precious to give mums a place of honor on your holiday table.









Consider this your quick company-is-coming arrangement. Simply drop clusters of white and chartreuse daisy and pompon mums into farmhouse-style pitchers. Clip and arrange them at different heights for a full, organic look, adding ruffled ornamental cabbage or kale for contrast. Shelter Collection Ceramic Jug and Pitcher, \$118 each; and Short Bud Vase in White, \$46; shopworthwhile.com (limited availability)

BUYING INFORMATION: BHG.com/Resource





THE KITCHEN = cookbook =



RECIPES FROM PAGES 98-103 -

SPICY GREEN BEANS WITH HERB SALAD

This recipe is an excellent excuse to buy a tube of anchovy paste (ground anchovies, salt, and oil) to keep on hand for adding salty-savory umami to sauces and dressings.

TOTAL TIME 45 min.

- 2 Tbsp. olive oil, plus more for drizzling
- 4 small shallots, cut into ½-inch wedges
- 4 cloves garlic, thinly sliced
- 2 to 4 anchovy fillets or 2 tsp. anchovy paste (optional)
- 1/4 to 1/2 tsp. crushed red pepper
- 2 Tbsp. apple cider vinegar or white wine vinegar, plus more to finish
- 11/2 lb. green beans, trimmed
- cup fresh Italian parsley (leaves and tender stems)
- 1/2 cup fresh dill leaves
- 1/2 cup fresh mint and/or cilantro (leaves and tender stems)

1. In a large Dutch oven heat the 2 Tbsp. oil over medium-high. Add shallots and garlic. Season with salt and black pepper. Cook, without stirring, 4 to 5 minutes or until golden brown on one side. Stir and let them brown a bit more,

another 4 to 5 minutes. If desired, add anchovies and let them sizzle and dissolve. Stir in crushed red pepper.

2. Add the 2 Tbsp. vinegar; simmer 1 to 2 minutes. Stir in green beans and ½ cup water. Season with salt and black pepper. Simmer, covered, 10 to

black pepper. Simmer, covered, 10 to 12 minutes or until totally tender. Remove from heat. Season with salt, black pepper, and, if desired, additional crushed red pepper.

- **3.** For herb salad: Toss parsley, dill, and mint with a splash of vinegar and a drizzle of olive oil; seasan with salt and black pepper.
- 4. Transfer bean mixture to a large shallow bowl. Scatter herb salad over beans before serving. Serves 6.

 EACH SERVING 146 cal, 10 g fat (1 g sat fat), 2 mg chol, 303 mg sodium, 13 g carb, 4 g fiber, 5 g sugars, 4 g pro

STICKY ROASTED CARROTS WITH CITRUS

HANDS-ON TIME 15 min.
TOTAL TIME 40 min.

- 1 small or ½ medium red onion, cut into ½-inch wedges
- 2 Tbsp. fresh lemon or lime juice
- 2 bunches small carrots (about 1 lb.), tops trimmed, scrubbed, and halved lengthwise
- 2 small blood oranges and/or clementines, thinly sliced and seeded
- 4 whole chiles de arbol or ½ tsp. crushed red pepper
- 2 Tbsp. pure maple syrup or honey
- 1/4 cup olive oil, plus more for drizzling
- 1/4 cup tahini
- 11/2 Tbsp. orange or clementine juice
- 1. Preheat oven to 425°F. In a small bowl toss together onion and lemon juice.

Season with salt and black pepper. Let stand 8 to 10 minutes to lightly pickle.

- 2. Drain onion, reserving the liquid. On a rimmed baking sheet, toss onion with carrots, orange slices, chiles, maple syrup, and the ½ cup olive oil.
- **3.** Roast, tossing occasionally, 25 to 30 minutes or until the carrots and citrus are totally tender and caramelized at the tips. Drizzle with reserved liquid.
- **4.** In a small bowl combine tahini and orange juice. If necessary, gradually whisk in 1 to 2 Tbsp. water until smooth; season with salt and pepper.
- 5. Spoon some of the tahini sauce on the bottom of a large serving platter or plate. Top with carrots, onion, and citrus. Serve remaining tahini sauce alongside. If desired, finish with additional lemon juice, maple syrup, and/or olive oil. Serves 4.

MAKE AHEAD Carrots and citrus can be roasted a few hours ahead and kept loosely wrapped until ready to serve (no need to reheat). Tahini sauce can be made 1 week ahead and kept refrigerated in a sealed container.

EACH SERVING 327 cal, 22 g fat (3 g sat fat), 288 mg sodium, 32 g carb, 6 g fiber, 20 g sugars, 5 g pro

CREAMED CAULIFLOWER AND GREENS

TOTAL TIME 40 min.

- 6 Tbsp. olive oil
- 3¼ cup coarse fresh bread crumbs or panko
- 2 Tbsp. chopped fresh thyme, oregano, or marjoram
- /2 cup thinly sliced yellow onion
- 1 2- to 2½-lb. head cauliflower, cored and coarsely chopped



ALISON ROMAN is a Brooklyn-based cook, recipe developer, and cookbook author. Her work frequently appears in Bon Appétit magazine and The New York Times. Alison's second book, Nothing Fancy (\$33; penguinrandomhouse.com), was released October 22 and features unfussy recipes simple enough for a weeknight meal and special enough for your next dinner party.

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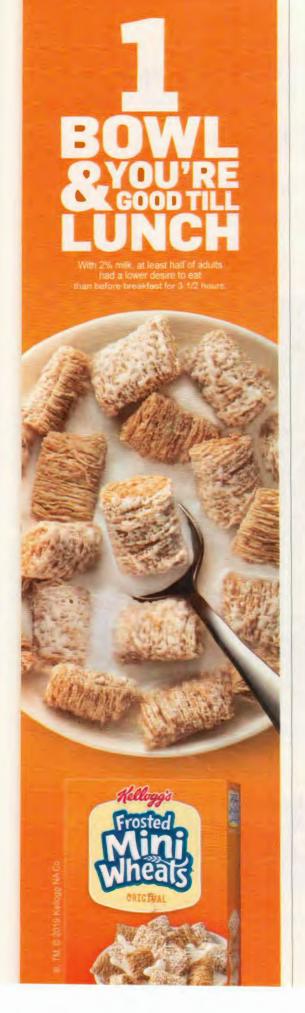
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- 1 cup heavy cream
- 1 clove garlic, minced
- 1/4 tsp. grated fresh nutmeg (optional)
- 8-oz. bunch fresh kale, Swiss chard, or mustard greens, thick stems removed and coarsely torn
- 1/2 cup finely shredded Parmesan cheese (optional)
- 1. In a 5- to 6-qt. pot heat 3 Tbsp. olive oil over medium-high. Add bread crumbs. Season lightly with salt and black pepper. Cook 4 to 5 minutes, stirring occasionally, until golden brown and crisped. Transfer to a small bowl. Stir in thyme.
- 2. Wipe out pot. Heat remaining 3 Tbsp. olive oil over medium. Add onion. Season with salt and pepper. Cook, stirring occasionally, 10 to 12 minutes or until onion has softened and is beginning to brown and caramelize around the edges.
- **3.** Add cauliflower to pot. Season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes or until cauliflower is tender but not browned. Add cream, garlic, and, if desired, nutmeg. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 7 minutes or until reduced by about half and slightly thickened.
- 4. Add kale to pot. Toss with tongs and cook 4 minutes more or until kale is wilted and has become a part of the cauliflower mixture. Add Parmesan, if desired, and season with salt and pepper. Transfer to a serving dish. Top with bread crumb mixture. Serves 6.

EACH SERVING 355 cal, 29 g fat (11 g sat fat), 45 mg chol, 228 mg sodium, 20 g carb, 6 g fiber, 7 g sugars, 8 g pro

BUTTERED STUFFING WITH MUSHROOMS

HANDS-ON TIME 40 min. TOTAL TIME 1 hr. 25 min.

loaf crusty bread (about 1 lb.), such as ciabatta or sourdough,

- torn into 11/2-inch pieces
- 8 Tbsp. unsalted butter
- 2 Tbsp. olive oil
- 2 large leeks, white and light green parts thinly sliced
- 1½ 1b. mushrooms, such as cremini, maitake, shiitake, and/or oyster, cut into bite-size pieces
- 1/4 cup fresh oregano, thyme, or marjoram, coarsely chopped
- ½ cup dry white wine, such as Sauvignon Blanc or Pinot Gris
- 2 to 2½ cups chicken or vegetable broth
- large egg
- 1 cup parsley leaves and tender stems, finely chopped
- 1. If possible, dry bread pieces overnight on a rimmed baking sheet. If not, toast in a 300°F oven 15 to 20 minutes until the outsides are just lightly toasted, tossing once or twice.
- 2. Heat 6 Tbsp. butter and the olive oil in a large skillet over medium. Add leeks. Season with salt and black pepper. Cook 10 to 12 minutes or until leeks are totally softened and starting to brown, stirring occasionally.
- **3.** Add mushrooms. Season with salt and pepper. Increase heat to medium-high. Cook 12 to 15 minutes more or until mushrooms and leeks are completely softened and deeply browned, stirring occasionally.
- 4. Add oregano and wine. Using a wooden spoon, scrape up any browned bits on the bottom of skillet. Let simmer 3 to 4 minutes or until

wine is mostly evaporated. Remove from heat.

- 5. In a large bowl whisk together chicken broth and egg. Season with salt and pepper. Add dried bread, parsley, and mushroom mixture. Toss to coat evenly. (It should look a bit like uncooked bread pudding.)
- **6.** Preheat oven to 425°F. Transfer mixture to a 2-qt. baking dish. Cover with foil. Bake 15 to 20 minutes.
- **7.** Remove foil. Dot top of stuffing with remaining 2 Tbsp.

THANKSGIVING H.Q.

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butter. Return to oven. Bake about 20 minutes more or until edges and top are crispy and golden brown. Serves 8. **EACH SERVING** 310 cal, 16 g fat (8 g sat fat), 55 mg chol, 633 mg sodium, 32 g carb, 3 g fiber, 3 g sugars, 8 g pro

ROASTED SQUASH WITH SPICED PISTACHIOS

This recipe also works with butternut or honeynut squash, but they need to be cut into 1-inch-thick slices versus wedges. Roast as directed about 30 minutes.

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr. 5 min.

- winter squash, such as kabocha, acorn, or red kuri, washed and sliced into 1½-inch-thick wedges (1½ to 2 lb.)
- 3 Tbsp. olive oil
- 6 Tbsp. unsalted butter
- 1/4 cup raw pistachios, finely chopped
- 1/2 tsp. ground cumin
- 1/2 tsp. ground turmeric
 Pinch ground cinnamon
 Pinch crushed red pepper
 (optional)
 Flaky sea salt
- 1 cup full-fat plain Greek yogurt
- 1. Preheat oven to 425°F. If desired, remove seeds from squash. On a rimmed baking sheet toss squash with olive oil. Season with salt and black pepper. Roast 40 to 50 minutes or until totally tender, golden brown, and caramelized.
- 2. Meanwhile, in a small saucepan melt butter over medium. Cook 3 to 5 minutes or until butter has browned and started to foam, swirling occasionally. Remove from heat. Add pistachios, cumin, turmeric, cinnamon, and, if desired, crushed red pepper. Season with flaky sea salt.
- 3. Spoon yogurt onto a serving platter; arrange squash over. Spoon pistachio mixture over top. Sprinkle with additional flaky sea salt, black pepper, and/or a pinch of crushed red pepper. Serves 4. MAKE AHEAD Roast squash, cover loosely, and store up to 4 hours at

room temperature then continue with Step 2.

EACH SERVING 395 cal, 34 g fat (15 g sat fat), 53 mg chol, 597 mg sodium, 18 g carb, 3 g fiber, 3 g sugars, 8 g pro

CRUSHED POTATOES WITH LEMONY BROWN BUTTER

TOTAL TIME 35 min.

- 1½ lb. small round and/or fingerling potatoes
- 2 lemons
- 6 Tbsp. unsalted butter
- 2 Tbsp. olive oil
- 1/2 cup finely chopped chives Flaky sea salt Sour cream (optional)
- 1. In a 4- to 5-qt. saucepan cook potatoes in enough salted boiling water to cover 12 to 15 minutes or until tender (easily pierced with a fork). Drain.

 Once cool enough to handle, lightly crush each potato to expose insides and break up slightly.
- 2. Meanwhile, thinly slice one lemon, removing seeds. Cut remaining lemon in half. Reserve one half for zesting and juicing; cut remaining half into wedges.
- **3.** In a large skillet heat butter over medium. Cook, swirling occasionally, until butter has started to brown, 5 to 7 minutes. Add olive oil and lemon slices. Season with *salt* and *black pepper*. Cook 3 to 4 minutes or until lemon edges start to sizzle and brown. Remove and reserve lemon slices.
- 4. Add crushed potatoes to skillet.
 Season with salt and pepper. Cook
 6 minutes or until potatoes have
 started to brown slightly around edges,
 turning once. Remove from heat.
 Zest and juice reserved lemon half
 over potatoes.
- 5. Transfer to a serving platter with lemon slices. Scatter with chives, flaky sea salt, and additional pepper. Serve with lemon wedges and, if desired, sour cream. Serves 6 to 8.

EACH SERVING 229 cal, 16 g fat (8 g sat fat), 31 mg chol, 386 mg sodium, 22 g carb, 3 g fiber, 2 g sugars, 2 g pro









MASTER PIECRUST

For step-bystep pastry tips, hover your smartphone camera over this code or visit BHG.com/ ButterPastry

ERIN'S ALL-BUTTAH PIECRUST

HANDS-ON TIME 15 min.
TOTAL TIME 30 min., plus chilling

- 11/4 cups all-purpose flour
- 1/4 tsp. fine sea salt
- 1/2 cup cold unsalted butter, cut into 1/2-inch cubes
- 1/4 cup ice water, plus more as needed
- 1. In a medium bowl whisk together flour and salt. Using your hands, toss butter through flour until each piece is well-coated. Cut butter into flour by pressing butter between your fingers and thumbs, flattening the cubes into big shards. For a flaky crust, mix until butter pieces are about the width of walnut halves. For a sturdier crust (for custard pies and for use with decorative techniques), mix until the butter is about the size of peas.
- 2. Make a well in center of flour mixture. Start by adding 1/4 cup ice

water and tossing the flour mixture gently (rather than stirring) to moisten and incorporate the water without overworking the flour. Continue adding water, 1 to 2 Tbsp. at a time, and tossing until dough comes together. (Dough should hold together easily without feeling wet or sticky.)

- **3.** Form dough into a disk and wrap tightly in plastic wrap. Refrigerate at least 30 minutes and up to overnight.
- 4. Once well chilled, roll out dough on a lightly floured surface until it's about 1/2 inch thick. Press firmly and evenly, rotating the dough as you work to prevent sticking without adding too much flour. (Ideally dough will also be about 1 inch wider than your pie plate on all sides.)
- 5. To transfer dough to pie plate, starting at one end of dough, wrap it around the rolling pin. Lift pin to edged of pie plate and unfur! the dough.

 Press dough into the base of the pie plate and trim excess dough to ½ inch around outside edge of pie



ERIN MCDOWELL is a food writer, food stylist, and the author of The Fearless Baker (\$30; hmhco.com), a cookbook focused on teaching beginners how to bake like the pros. Erin contributes to food52.com, purewow.com, and Sift magazine and is currently working on her second book—all about pies—from her home in New Jersey.

plate. Tuck dough under to be flush with the outer rim of pie plate. Crimp edges as desired, then refrigerate for at least 30 minutes.

6. To parbake: Use a fork to prick chilled crust all over base and sides. Cut a square of parchment paper slightly larger than pie plate and press it into base of chilled crust. Fill crust with pie weights (such as dried beans) to brim, making sure weights are flush against sides. Place pie plate on a parchment paper-lined baking sheet. Bake on bottom rack of 425°F oven (preferably on a preheated baking stone) 12 to 15 minutes or until outer edge begins to brown. Remove parchment and pie weights and bake 2 to 3 minutes more or until bottom crust appears set. If crust puffs at any point, prick air bubble with a fork to deflate. Let cool completely before filling. Makes one single crust.

MAKE AHEAD Make dough, wrap tightly, and refrigerate up to 2 days. For longer storage, wrap in plastic wrap then heavy foil and freeze up to 3 months. Thaw overnight in refrigerator and let stand at room temperature to soften slightly.

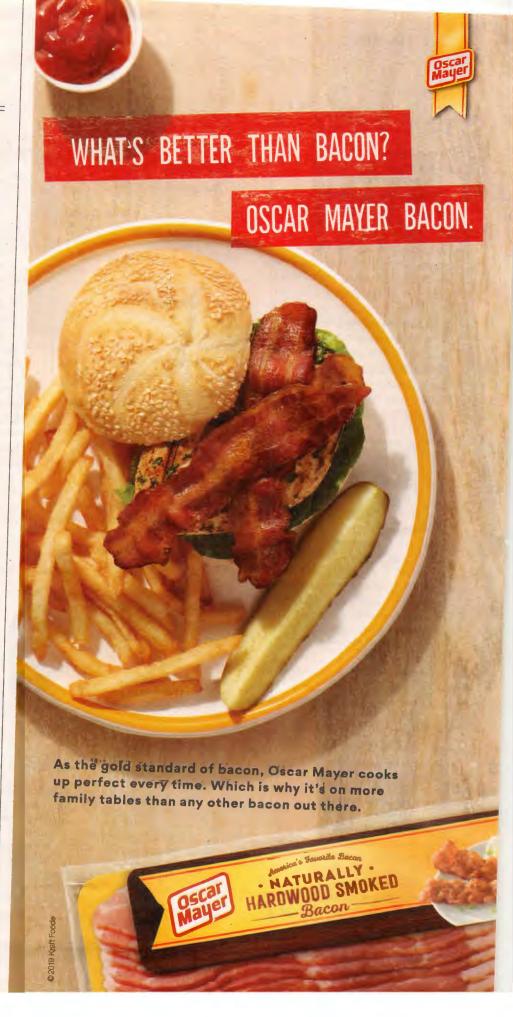
CINNAMON CRUST Add 1 Tbsp. ground cinnamon and ½ tsp. freshly grated nutmeg to the flour.

GINGERBREAD CRUST Add I tsp. ground cinnamon, ¾ tsp. ground ginger, ½ tsp. ground allspice, and ¼ tsp. ground cloves to the flour.

CRANBERRY PIE WITH HONEY MERINGUE

HANDS-ON TIME 30 min. TOTAL TIME 3 hr. 45 min.

- 20 oz. fresh or frozen cranberries
- l cup sugar
- 1 cup orange juice
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1/4 to 1/2 tsp. ground cloves Pinch sea salt
- ½ cup unsalted butter, at room temperature Erin's Gingerbread All-Buttah Piecrust, parbaked and cooled (opposite)



- 1/2 cup honey
- 1/3 cup sugar
- 4 large egg whites
 Pinch ground cinnamon
 Generous pinch fine sea salt
- 11/2 tsp. vanilla
- 1. In a 4- to 5-qt. pot combine cranberries, the 1 cup sugar, the orange juice, cinnamon, ginger, cloves, and salt. Cook over medium-high until mixture comes to a simmer, stirring constantly.
- 2. Reduce heat to medium-low and continue to cook 15 to 17 minutes or until cranberries burst and mixture thickens slightly, stirring occasionally. Stir in butter. Let cool completely.
- **3.** Place oven rack in lower third of oven. Preheat oven to 375°F. Spoon cooled filling into piecrust. Bake 30 to 35 minutes or until crust is golden brown and filling is bubbly. Let cool completely.
- 4. For meringue: In a large heatproof bowl whisk together honey, the ½ cup sugar, the egg whites, cinnamon, salt, and vanilla. Set bowl over a large saucepan of simmering water (being careful that bowl doesn't touch water).
- 5. Cook, whisking constantly, 8 to 10 minutes or until mixture reaches 160°F (or 145°F for at least 3 minutes). Using a mixer with a whisk attachment, whip mixture to medium-stiff peaks.
- **6.** Pile meringue on top of filling. If desired, toast meringue with a kitchen torch. Serves 8.

EACH SERVING 577 cal, 18 g fat (11 g sat fat), 46 mg chol, 145 mg sodium, 101 g carb, 4 g fiber, 75 g sugars, 6 g pro

SPICED CIDER CUSTARD PIE

HANDS-ON TIME 20 min. TOTAL TIME 3 hr. 15 min.

- 4 cups apple cider
- 1 cup whole milk
- 3/4 cup heavy cream
- 3/4 cup packed light brown sugar
- ½ cup all-purpose flour
- 1 tsp. ground cinnamon
- ½ tsp. fine sea salt Erin's Cinnamon All-Buttah Piecrust, parbaked and cooled (page 122)

- 1 cup heavy cream
- 1/s cup powdered sugar
- 11/2 tsp. vanilla
- 1 tsp. ground cinnamon
- 1. For cider syrup: In a large saucepan bring cider to a simmer over medium. Reduce heat to medium-low. Simmer 1 to 2 hours (depends on pot size), uncovered, until mixture is reduced to ½ cup. Let cool completely.
- 2. In a large liquid measuring cup whisk together cider syrup, milk, and ¼ cup cream.
- **5.** In a medium bowl whisk together brown sugar, flour, 1 tsp. cinnamon, and the salt. Add cider mixture. Stir until combined
- 4. Place a baking sheet on bottom oven rack. Preheat oven to 375°F. Place ple plate on center oven rack. Pour custard into piecrust. Bake 35 to 40 minutes or until custard appears set at edges but is still slightly jiggly in center. Let cool completely.
- 5. For topping: In a medium bowl whisk together 1 cup cream, the powdered sugar, vanilla, and 1 tsp. cinnamon to medium-stiff peaks. Spread in an

even layer over top of pie. (Alternately, spoon whipped topping into a piping bag; pipe onto pie.) Keep chilled until ready to serve. If desired, sprinkle with additional ground cinnamon. Serves 8.

EACH SERVING 580 cal, 32 g fat (18 g sat fat), 78 mg chol, 378 mg sodium, 67 g carb, 1 g fiber, 41 g sugars, 6 g pro

PUMPKIN-PECAN PIE

The pumpkin layer of this double-decker stays soft and spoonable. For an extra hit of flavor, add 1½ Tbsp. pumpkin pie spice to the flour in the crust.

HANDS-ON TIME 30 min. TOTAL TIME 1 hr. 50 min., plus chilling

- 4 large eggs
- 1/2 cup granulated sugar
- 1 tsp. ground cinnamon
- 3/4 tsp. ground ginger
- 1/4 to 1/2 tsp. ground cloves
- 1/4 tsp. freshly grated nutmeg
- 1 15-oz. can pumpkin puree
- 5 cup heavy cream Erin's All-Buttah Piecrust, parbaked and cooled (page 122)
- 1/3 cup packed dark brown sugar
- 2 Tbsp. maple syrup
- 1 large egg yolk
- 1 Tbsp. unsalted butter, melted
- tsp. vanilla
- 1/2 tsp. fine sea salt
- 11/2 cups pecan haives and/or pieces
- 1. Place oven rack in lower third of oven. Preheat oven to 350°F.
- 2. For pumpkin filling: In a medium bowl whisk together 2 eggs, granulated sugar, cinnamon, ginger, cloves, and nutmeg until well combined. Whisk in pumpkin and cream until well combined.
- **3.** Pour filling into piecrust. Bake about 30 minutes or until filling is set at edges but still slightly jiggly in center. Let cool completely at room temperature then

transfer to freezer while you prepare pecan filling. (Do not place in the freezer while warm.)

- 4. For pecan filling: In a medium bowl whisk together brown sugar, maple syrup, remaining 2 eggs, egg yolk, melted butter, vanilla, and salt.
- 5. Arrange pecans in an even layer on top of the pumpkin filling. Pour brown sugar mixture over pecans. Transfer pie to oven. Place a foil-lined baking sheet on rack below pie. Bake 40 minutes more or until crust is golden brown and custard appears set. Let pie cool completely before serving. Serves 8. EACH SERVING 506 cal, 33 g fat (13 g sat fat),

33 g fat (13 g sat fat), 162 mg chol, 256 mg sodium, 47 g carb, 4 g fiber, 27 g sugars, 8 g pro



BOILED CIDER

Skip Step 1 of the Spiced Cider Custard Pie and use ½ cup bottled boiled cider, such as Wood's Cider Mill Boiled Cider (\$15 for 1 pt.; shop.kingarthur

flour.com).





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BROWNIE PIE HANDS-ON TIME 20 min. TOTAL TIME 3 hr.

- 4 Tbsp. unsalted butter
- ½ cup vegetable, canola, or peanut oil
- 8 oz. bittersweet chocolate, chopped
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 3 large eggs
- 2 tsp. vanilla
- 2/3 cup all-purpose flour
- 1/2 tsp. fine sea salt
- oz. semisweet chocolate, chopped
- 2/s cup chopped almonds Erin's All-Buttah Piecrust, parbaked and cooled (page 122) Ice cream, whipped cream, chocolate sauce, and/or caramel sauce (optional)
- **1.** Preheat oven to 350°F, preferably with a baking stone on the bottom rack.
- 2. In a medium heatproof bowl combine butter, oil, and bittersweet chocolate. Set bowl over a medium saucepan of simmering water (being careful that bowl doesn't touch water) and heat, stirring occasionally, until chocolate and butter are fully melted and combined. Let caol.
- **3.** Add both sugars to the chocolate mixture and mix well with a spatula. Add eggs, one at a time, whisking to fully incorporate. Whisk in vanilla. Mix in flaur and salt. Fold in semisweet chocolate and almonds.
- 4. Pour batter into piecrust. Bake 40 to 45 minutes or until a toothpick inserted into center of pie comes out with moist crumbs. (Avoid overbaking.) Let pie cool at least 20 minutes before serving. If desired, serve with ice cream, whipped cream, chocolate sauce, and/or caramel sauce. Serves 8.

EACH SERVING 748 cal, 49 g fat (23 g sat fat), 116 mg chol, 251 mg sodium, 77 g carb, 6 g fiber, 46 g sugars, 12 g pro

RECIPES FROM PAGES 72-78 SWEET FINISH

CARAMELIZED PEAR SKILLET CAKE

HANDS-ON TIME 20 min. TOTAL TIME 1 hr. 20 min.

- 1/2 cup butter
- ²/₃ cup packed light brown sugar
- 4 Bosc pears, peeled, halved lengthwise, and cored
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. ground ginger
- 1/4 tsp. salt
- 1/4 tsp. baking soda
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1/2 cup butter, softened
- 2 eggs
- 1/2 cup molasses
- 3/4 cup water

Bourbon Sauce (below)

- 1. Place ½ cup' butter in a 10-inch cast-iron skillet. Place in cold oven; preheat oven to 350°F. Once butter has melted, whisk ½ cup brown sugar into melted butter in skillet. Arrange pears cut sides down in skillet. Roast 20 to 25 minutes or until just tender and starting to brown. Meanwhile, in a medium bowl whisk together flour, baking powder, ginger, salt, baking soda, nutmeg, and cloves.
- 2. In a large mixing bowl beat the ½ cup softened butter on medium 30 seconds. Add remaining ½ cup brown sugar; beat until combined. Beat in eggs and molasses. Alternately add flour mixture and the water to mixing bowl, beating on low after each addition just until combined. Pour batter over pears.
- **3.** Bake 30 to 35 minutes more or until a toothpick inserted near center comes out clean. Cool in skillet 10 minutes. Invert onto a serving plate. Drizzle with Bourbon Sauce. Serves 8.

melt 1/4 cup butter over medium. Stir in 1/2 cup sugar, 1 egg yolk, and 2 Tbsp. water. Cook and stir 6 to 8 minutes or

just until boiling. Remove from heat. Stir in 2 Tbsp. bourbon, Let cool slightly. Makes 3/4 cup.

EACH SERVING 640 cal, 31 g fat (19 g sat fat), 146 mg chol, 435 mg sodium, 85 g carb, 4 g fiber, 55 g sugars, 6 g pro

BROWN BUTTER SNICKERDOODLE COOKIE CUPS

HANDS-ON TIME 30 min. TOTAL TIME 2 hr. 15 min.

- 1 cup butter
- 1⅓ cups all-purpose flour
- 1 tsp. cream of tartar
- 1/2 tsp. baking soda
- 1/6 tsp. apple pie spice
- 1/3 cup granulated sugar
- 1/3 cup packed brown sugar
- 1 egg
- 2 tsp. vanilla
- 2 Tbsp. finely chopped toasted almonds
- 74 cup granulated sugar
- tsp. ground clanamon
- 2 cups powdered sugar
- 1 to 2 Tbsp. mllk Dried cranberries and/or finely chopped toasted almonds (optional)
- 1. For brown butter: In a medium saucepan melt butter over medium. Cook 15 to 18 minutes or until dark golden brown with specks throughout. Transfer to a small bowl. Freeze 1 hour or until firm.
- 2. For cookie cups: In a medium bowl whisk together flour, cream of tartar, baking soda, ¼ tsp. salt, and the apple pie spice.
- 3. In a large mixing bowl beat ½ cup of the firm brown butter and ½ cup each granulated and brown sugar on medium until fluffy. (Set aside remaining brown butter to soften.) Add egg; beat until combined. Beat in 1 tsp. vanilla. Gradually add flour mixture, beating until combined. Stir in 2 Tbsp. finely chopped almonds.
- 4. Preheat oven to 350°F.

Coat thirty-six 13%-inch muffin cups with nonstick cooking spray. In a small bowl stir together 1% cup granulated sugar and the cinnamon. Shape dough into 36 balls, about 1 inch diameter. Roll in SUGAR mixture to coat. Place a ball in each prepared muffin cup. Press into bottom and up sides of cups.

- **5.** Bake about 8 minutes or until lightly browned. Use the rounded side of a measuring spoon to press down centers of cookie cups. Let cool in muffin cups on a wire rack 5 minutes. Loosen and remove. Let cool completely.
- 6. For filling: In a large mixing bowl beat the remaining brown butter on medium 1 minute or until creamy. Beat in ½ cup powdered sugar until combined. Beat in 1 Tbsp. milk and remaining 1 tsp. vanilla until combined. Beat in remaining 1½ cups powdered sugar until combined. Beat 1 to 2 minutes or until fluffy, adding additional milk if necessary. Spoon or pipe filling into each cookie cup. If desired, sprinkle with cranberries and/or additional almonds. Makes 36 cookie cups.

PER COOKIE CUP 114 cal, 5 g fat (3 g sat fat), 19 mg chol, 37 mg sodium, 16 g carb, 12 g sugars, 1 g pro

MAPLE CHEESECAKE WITH VANILLA BEAN WHIPPED CREAM

HANDS-ON TIME 30 min.
TOTAL TIME 6 hr., includes chilling

- 2 cups graham cracker crumbs
- 1/3 cup sugar
- 1/4 tsp. salt

EASY-LIFT

TIP

Line your

baking pan with

heavy-duty

foil so there

is enough

overhang (both

lengthwise

and widthwise)

to lift the

cheesecake out

of the pan.

- 1/2 cup butter, melted
- 4 8-oz. pkg. cream cheese, softened
- 2/3 cup maple syrup
- 1/2 cup sugar
- 1/3 cup heavy cream
- 4 eggs
- 1/2 cup sour cream
- 2 Tbsp. all-purpose flour
- 2 tsp. vanilla Vanilla Bean Whipped Cream (page 128)



If You Purchased PROVIGIL®, NUVIGIL®* Or Generic Provigil® (MODAFINIL), A Class Action And A California Attorney General Settlement* Could Affect You

INFORMATION REGARDING CLASS ACTION SETTLEMENT

A proposed \$65,877,600 settlement has been reached in a Class Action Lawsuit on behalf of consumers and third-party payors regarding the prescription drug Provigil® and its generic equivalent modafinil. The Class Action Lawsuit claims that Defendants violated state antitrust and consumer protection laws by delaying the availability of less expensive generic versions of Provigil®. Defendants deny any wrongdoing.

No one is claiming that Provigit® or its generic equivalent modafinil is unsafe or ineffective. Who Is Included?

You are a Consumer Class Member if you are:

- In Alabama, Arizona, California, District of Columbia, Florida, Hawaii, Illinois, lowa, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Nebraska, Nevada, New Mexico, New York, North Carolina, North Dakota, South Dakota, Tennessee, Utah, Vermont, West Virginia and Wisconsin and you
- · Purchased Provigil® or modafinil (e.g., by paying the full purchase price or a co-payment)
- · For consumption by yourself or your family
- From June 24, 2006 through August 8, 2019.

You are NOT a class member even if you satisfy the above criteria if you were also insured and paid a flat co-pay that was the same dollar amount for generic as for brand drug purchases, or were insured and purchased only generic modafinil pursuant to a fixed co-pay applicable to generic drugs. In addition, employees of the defendants are not class members.

Please note that consumers may file a claim in this case even if the consumer previously participated and recovered money in the earlier State Attorneys General Settlement concerning Provigil®.

What Does The Class Action Settlement Provide?

The defendants will pay \$65,877,600 into a Settlement Fund to settle all claims in the lawsuit brought on behalf of consumers and health insurers (known as third-party payors). The Settlement Fund will be distributed pursuant to a Plan of Allocation that can be reviewed at www.ProvigilSettlement.com.

Class Counsel will ask the Court to award attorneys' fees in an amount not to exceed one-third of the Settlement Fund, plus interest, litigation expenses and incentive payments to the Class Representatives. After these deductions, the remainder of the Settlement Fund will be distributed pro rata to Class Members who file a valid claim form. The consumer portion of the settlement fund will equal approximately \$20,000,000, before deductions for fees and expenses. The precise amount that you might receive from the net settlement fund will depend on how much you (and other consumers) paid for Provigil® and modafinil.

How Do I Get A Payment?

You must submit a Claim Form by January 15, 2020 to be eligible for a payment. You can obtain a Claim Form by visiting www.ProvigilSettlement.com or calling 1-877-241-7503.

What Are My Other Rights?

If you do not want to be legally bound by the Settlements, you must exclude yourself. The exclusion deadline is December 6, 2019. If you do not exclude yourself, you will not be able to sue the defendants for any claim relating to the lawsuit. If you stay in the Class, you may object to the Settlements by January 15, 2020. Please review the requirements for exclusion and objection by visiting www.ProvigilSettlement.com or calling 1-877-241-7503,

The Court will hold a hearing on February 26, 2020 at 10:00 a.m. Eastern Standard Time to consider whether to approve the Settlements, counsel's request for attorneys' fees, expenses and incentive awards, any objections, and any other issues related to the Settlements. The Court has appointed Kessler Topaz Meltzer & Check, LLP, Spector Roseman & Kodroff, P.C. and Criden & Love, P.A. to represent the Class. Although not required, you or your own lawyer may ask to appear and speak at the hearing at your own expense. All deadlines may be amended by the Court, so please check the website noted below for updates.

INFORMATION REGARDING CALIFORNIA ATTORNEY GENERAL SETTLEMENT

*CALIFORNIA RESIDENTS: You may also be eligible to claim from the CALIFORNIA ATTORNEY GENERAL'S \$69,000,000 proposed settlement for purchases of Provigil®, NUVIGIL®, or modafinil, of which \$25,250,000 will be available to eligible California consumers even if they have already recovered money from other related settlements. See www.ProvigilSettlement.com/CA for more information. You may recover for an eligible claim in both the California Attorney General Settlement and the Class Action Settlement described above.

FOR MORE INFORMATION AND A CLAIM FORM: VISIT WWW.PROVIGILSETTLEMENT, COM OR CALL 1-877-241-7503.

Pomegranate Compote (below)

- 1. Preheat oven to 350°F. Line a 13×9-inch baking pan with foil, allowing foil to extend over pan edges; coat foil with nonstick cooking spray.
- 2. For crust: In a medium bowl combine cracker crumbs, the 1/3 cup sugar. and the salt. Add melted butter: stir to combine. Presscrumb mixture into bottom of pan. Bake 10 minutes. Remove from oven.
- 3. Meanwhile, for filling: In an extra-large mixing bowl beat cream cheese, maple syrup, and ½ cup sugar 2 minutes on medium until smooth. Add heavy cream; beat until combined. Beat in eggs, one at a time, beating on low after each until combined. Add sour cream, flour, and vanilla; beat until combined. Pour filling over crust.
- 4. Bake about 40 minutes or until center is just set. Let cool in pan on a wire rack 1 hour. Cover. Chill in pan 4 hours or overnight.
- 5. Use foil to lift uncut cheesecake from pan; transfer to a cutting board. Cut into bars. Top with Vanilla Bean Whipped Cream and Pomegranate Compote. Makes 24 bars.

VANILLA BEAN WHIPPED CREAM Halve a vanilla bean lengthwise; scrape seeds into a large bowl. Add 1 cup heavy cream and 2 tsp. powdered sugar. Beat on medium until stiff peaks form (peaks stand straight).

POMEGRANATE COMPOTE in a small saucepan combine 1/3 cup dry red wine or pomegranate juice and 1/3 cup sugar. Bring to boiling, stirring to dissolve sugar.

Reduce heat. Simmer, uncovered, about 3 minutes or until slightly reduced and syrupy. Remove from heat; let cool completely. In a small bowl combine 1/2 cup pomegranate seeds and 1/4 cup fresh orange sections, chopped. Pour syrup over pomegranate seed mixture. Stir in 2 tsp. lemon juice. PER BAR 340 cal, 24 a fat (14 g sat fat), 97 mg chol, 212 mg sodium, 27 g carb, 21 g sugars, 5 g pro

SWEET POTATO-CHOCOLATE POUND CAKE

HANDS-ON TIME 35 min. TOTAL TIME 2 hr.

- 10- to 12-oz. sweet potato, scrubbed
- oz. semisweet or bittersweet chocolate, channed
- 3 cups all-purpose flour
- tsp. pumpkin pie spice
- 11/2 tsp. baking powder
- 11/2 tsp. salt
- cup butter, softened
- 2 cups sugar
- eggs
- cup sour cream
- Tosp. vanilla
- 2/3 cup heavy cream Flaky sea salt
- 1. Pierce potato several times with a fork. Microwave on high 5 minutes or until tender. Let cool.
- 2. Halve potato lengthwise. Scrape pulp into a medium bowl. Mash until smooth. Measure 3/4 cup; set aside any remaining for another use. In a small microwave-safe bowl melt 2 oz. chocolate in microwave on high 30 to 45 seconds, stirring once.
- 3. Preheat oven to 350°F. Grease and flour two 8-inch loaf pans* or coat with

nonstick spray for baking. In a medium bowl whisk together flour, pumpkin pie spice, baking powder, and salt. In an extra-large bowl beat butter and sugar on medium-high 2 to 3 minutes or until light and fluffy. Add eggs, one at a time, beating after each until combined. Gradually add flour mixture, beating until combined. Beat in sour cream, mashed sweet potato, and vanilla until combined. Remove 3 cups batter to a medium bowl and stir in melted chacolate.

- 4. Alternately spoon mounds of each cake batter into prepared pans.
 Using a knife, swirl batters together.
 Bake about 50 minutes or until a toothpick inserted near centers comes out clean. Let cool in pans on a wire rack 10 minutes. Remove from pans; let cool completely.
- 5. For ganache: In a small saucepan bring cream just to boiling over medium-high. Remove from heat. Add remaining chopped chocolate. (Do not stir.) Let stand 5 minutes. Stir until smooth. Spoon ganache over cakes. Sprinkle with flaky sea salt. Serves 16. *TIP For one 10-inch fluted tube pan, bake 50 minutes or until toothpick inserted near center comes out clean; for two 9-inch loaf pans, bake 45 minutes or until toothpick inserted near centers comes out clean. EACH SERVING 447 cal, 23 g fat (14 g sat fat), 110 mg chol, 376 mg sodium, 56 g carb, 2 g fiber, 27 g sugars, 6 g pro

HOSTING GUIDE

POMEGRANATE-CITRUS SANS-GRIA

HANDS-ON TIME 10 min.
TOTAL TIME 2 hr. 50 min., includes

- 2 Tosp. raspberry jam
- 2 chai tea bags
- 2 English breakfast tea bags
- 8 thin orange slices, plus more for garnish

- 21/4 cups chilled unsweetened 100% pomegranate juice
- 11/2 cups grapefruit juice
- 1 cup fresh orange juice
- 6 Tbsp. fresh lemon juice
- 1/8 to 1/4 tsp. cayenne pepper
- 4 thin lemon slices
- 3/4 cup chilled club soda, plus more as needed
- 1. In a 1-qt. saucepan combine raspberry jam and 1 cup water. Bring to a simmer over medium-high, stirring to dissolve jam completely. Remove from heat. Fully submerge chai and English breakfast tea bags. Let steep 40 minutes; discard bags. Chill, covered, up to 24 hours.
- 2. In a 2-qt. pitcher combine four orange slices and tea mixture. Using a wooden spoon, gently press orange slices about 10 times to release juices and bruise peel. (Don't pulverize.) Stir in pomegranate, grapefruit, orange, and lemon juices and cayenne. Gently stir in lemon slices and remaining orange slices. Chill, covered, up to 2 hours.
- **3.** To serve: Stir mixture well. Add club soda. Stir. Pour into ice-filled glasses. Garnish with pomegranate seeds and orange slices. Serves 8. **EACH SERVING** 96 cal, 14 mg sodium, 24 g carb, 1 g fiber, 19 g sugars, 1 g pro

IMPROVED BLOOD ORANGE PUNCH

HANDS-ON TIME 20 min.
TOTAL TIME 2 hr. 20 min., includes
chilling

- 11/2 cups vodka, chilled
- 3/4 cup maraschino cherry liqueur (such as Luxardo)
- 3 cups fresh blood orange juice
- 11/2 cups fresh lemon juice
- 1 750-ml bottle chilled Prosecco
- 12 blood orange half-moons Maraschino cherries
- 1. For punch mix: In a 2-qt. pitcher combine vodka, maraschino liqueur, blood orange juice, and lemon juice. Chill, covered, up to 2 hours.
- 2. For each drink: Fill collins glass to top with ice. Pour in 1/4 cup chilled





Prosecco. Top with ½ cup punch mix. Garnish with blood orange half-moons and maraschino cherries. Serve immediately. Serves 12.

EACH SERVING 165 cal, 4 mg sodium, 9 g carb, 12 g sugars, 1 g pro

POT STICKERS

HANDS-ON TIME 35 min.
TOTAL TIME 1 hr. 20 min., plus freezing

- 2 cups chopped napa cabbage
- 2 Tbsp. thinly sliced green onion
- 1 Tbsp. chopped fresh cilantro
- 2 tsp. toasted sesame oil
- 2 tsp. soy sauce
- 2 tsp. rice wine
- 1 small fresh serrano pepper, seeded and finely chopped
- 1 tsp. grated fresh ginger
- 8 oz. ground turkey breast
- 28 to thirty 3½-inch round wonton wrappers (gyoza)
- 1. For filling: In a small bowl toss together cabbage and 1 tsp. salt. Let stand at room temperature 30 minutes. Transfer cabbage to a fine-mesh sieve; press firmly to remove excess moisture. Place cabbage in a medium bowl. Add green onion, cilantro, sesame oil, soy sauce, rice wine, pepper, and ginger; toss to combine. Stir in turkey.
- 2. Line a baking sheet with parchment paper. For each pot sticker: Spoon a scant 1 Tbsp. filling onto center of a wonton wrapper. (Keep remaining wrappers covered with a damp cloth to prevent from drying out.) Lightly brush edge of wrapper with water. Fold wrapper in half; pinch edges together. Place pot sticker sealed side up on prepared baking sheet. (Keep filled pot stickers covered while working.) Freeze 1 to 2 hours or until firm. Transfer to freezer containers. Freeze up to 1 month.
- **3.** To serve: Line a bamboo steamer basket ar steamer insert with parchment paper; coat lightly with nonstick cooking spray. Arrange frozen pot stickers in a single layer, not touching, in basket. (Work in batches, if necessary.)
- 4. Place steamer basket in a wok

or large pot over, but not touching, boiling water. Steam, covered, 16 minutes or until filling in pot stickers is no longer pink (165°F). If desired, serve with *Asian sweet chili sauce*. Makes 28 to 30 pot stickers.

PER POT STICKER 37 cal, 6 mg chol, 157 mg sodium, 5 g carb, 3 g pro

MINI CHEESE BALLS HANDS-ON TIME 35 min.

TOTAL TIME 5 hr. 20 min., plus freezing

- 8-oz. pkg. cream cheese, softened
- 1 cup finely shredded Gouda cheese (4 oz.)
- 1/4 cup butter, softened
- 1 Tbsp. milk
- 1/2 tsp. Worcestershire sauce
- 2 Tbsp. thinly sliced green onion
- 2 Tbsp. chopped fresh dill or 2 tsp. dried dill
- 1/2 cup desired Topper/s (below)
- 1. Place cream cheese, Gouda, and butter in a large bowl; let stand at room temperature 30 minutes. Add milk and Worcestershire. Beat with a mixer on medium until light and fluffy. Stir in green onion and dill. Chill, covered, 4 to 24 hours.
- 2. Shape cheese mixture into 12 balls, using 2 Tbsp. for each. Place in a single layer in a freezer container. Freeze up to 3 months.
- **3.** To serve: Thaw in refrigerator overnight. Roll each cheese ball in desired Topper/s; let stand at room temperature 15 minutes. Serve with *crackers*. Makes 12 cheese balls.

*TOPPER IDEAS (PICK ONE OR MORE)

Poppy seeds, sesame seeds, or everything bagel seasoning; finely chapped fresh herbs; toasted chopped nuts; citrus zest; finely crushed crackers and/or chips; snipped dried cranberries; finely shredded cheese and/or crumbled crisp-cooked bacon; finely chopped fresh jalapeño peppers.

PER CHEESE BALL 164 cal, 15 g fat (8 g sat fat), 40 mg chol, 172 mg sodium, 3 g carb, 1 g fiber, 1 g sugars, 5 g pro

SPANAKOPITA

HANDS-ON TIME 50 min.
TOTAL TIME 1 hr. 5 min., plus freezing

- 2 Tbsp. butter
- 1/2 cup finely chopped onion
- 1 clove garlic, minced
- 10-oz. pkg. frozen chopped spinach, thawed and well drained
- 11/2 cups crumbled feta cheese (6 oz.)
- 1/2 tsp. dried oregano, crushed
- 24 sheets frozen phyllo dough (14×9-inch rectangles), thawed
- 1/2 cup butter, melted
- 1. For filling: In a large skillet melt butter over medium. Add onion and garlic. Cook and stir 5 minutes or until onion is tender. In a medium bowl combine onion mixture, spinach, feta, and oregano.
- 2. Line a large baking sheet with waxed paper. Unfold phylla; remove a sheet. (Keep remaining phyllo covered with plastic wrap to prevent from drying out.) Lightly brush sheet with some of the melted butter. Place another phyllo sheet on top; brush with butter.
- 3. Cut the two layered sheets lengthwise into three strips. Spoon one rounded teaspoon filling 1 inch from one end of each strip. To fold into a triangle, bring a corner over filling so short edge lines up with a long side edge. Continue folding the length of strip to form a triangle that encloses filling. Place on prepared baking sheet. Repeat with remaining phyllo, melted butter, and filling. Freeze 1 hour or until firm. Transfer to freezer containers. Freeze up to 2 months.
- **4.** To serve: Preheat oven to 375°F. Place frozen triangles on a baking sheet; brush with additional melted butter. Bake 15 minutes or until golden. Serve warm. Makes 36 spanakopita.

PER SPANAKOPITA 87 cal, 5 g fat (3 g sat fat), 14 mg chol, 161 mg sodium, 8 g carb, 2 g pro

GOUGÈRES

HANDS-ON TIME 30 min.
TOTAL TIME 1 hr. 5 min., plus freezing

- 1/2 cup butter, cut into pieces
- 11/2 cups all-purpose flour
 - 5 eggs
- 11/2 cups shredded Gruyère cheese (6 oz.)
- 1 Tbsp. Dijon-style mustard
- 1/8 tsp. cayenne pepper
- 1. Line two baking sheets with parchment paper. In a large saucepan combine 1½ cups water, the butter, and ½ tsp. salt. Bring to boiling. Immediately add flour all at once; stir vigorously using a large wooden spoon. Caok and stir until mixture forms a ball. Remove from heat. Let cool 10 minutes. Add eggs, one at a time, stirring after each until smooth. Stir in cheese, mustard, and cayenne pepper.
- 2. Using a pastry bag fitted with a ½-inch star tip, pipe batter into 1-inch mounds close together on prepared baking sheets. (Or use a small cookie scoop to drop batter into 1½-inch mounds.) Freeze 1 to 2 hours or until firm. Transfer to freezer containers. Freeze up to 1 month.
- **3.** To serve: Preheat oven to 400°F. Line a baking sheet with parchment paper. Place desired number of mounds 1 inch apart on prepared baking sheet. Bake 25 minutes or until puffed and golden. Serve warm. Makes 72 gougères.

PER GOUGÈRE 37 cal, 3 g fat (1 g sat fat), 19 mg chol, 48 mg sodium, 2 g carb, 2 g pro ■

RULES FOR SWEEPSTAKES IN THIS ISSUE

\$25,000 SWEEPSTAKES No purchase necessary to enter or win. Subject to official Rules available online at BHG.com/25kSweeps. The \$25,000 Sweepstakes begins at 12:01 a.m. CT on 8/1/19 and ends at 11:59 p.m. CT on 1/4/20. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.



better

YOUR GUIDE TO A HAPPY, HEALTHY LIFE

of Americans wouldn't be able to pay for an unexpected \$400 expense in cash.

Experts advise having three months of living expenses saved. Aim to save at least 5 percent of your paycheck monthly; even \$20 a month will add up. Maximize your savings with a high-yield account. (Look for one without a minimum.)

Petting a furry friend

MINUTES relieves stress.

College students who petted a cat or dog lowered their levels of cortisol (a stress hormone) by 9 percent.



More than
4.2 million
PEOPLE
WILL BE
FLYING
Thanksgiving
week.

Try smoothing your trip by signing up for TSA precheck and flying on Thanksgiving day, when airports aren't as crowded. (Bonus: Fares can be up to 30 percent lower.)

PEOPLE ATE
124 MORE
CALORIES

DAILY
AFTER THEY
STARTED
EXERCISING
REGULARLY.

It might not seem like
much—a slice of cheese, a
piece of toast—but
it's enough to counteract
weight loss goals or
even cause weight gain.
Be especially mindful
after exercising because
it's easy to eat more
without realizing it.



NOVEMBER 15

AMERICA RECYCLES DAY

7500

of our waste is recyclable, but only 30% actually gets recycled.

Along with paper, plastic, and glass, many other items are recyclable, including electronics, appliances, batteries, and even eyeglasses. Go to americarecyclesday.org for a list of recyclables and where to take them.

Your risk of dementia decreases by 32% if you live a healthy lifestyle, even if the condition runs in your family.

To protect your brain, limit alcohol (no more than one drink daily); exercise regularly (get 20 minutes a day—walking counts); eat a diet high in fruits, vegetables and whole grains; and don't smoke.

CALL YOUR **GRANDKIDS BY** THEIR RIGHT NAMES. THE FIRST TIME.



60 TABLETS





- O Clinically Shown to Improve
- O Enhances Mental Agility by Improving Cognitive Function
- O Stimulant Free
- O Results in 4 Weeks

60 TABLETS DIETARY SUPPLEMENT

STAY SHARP, STAY YOU.

As you get older, your list of things to remember (like your grandchildren's names) only gets longer. Cognium helps you stay sharp by improving your memory and recall. So you can stop mixing up Jackie, Josie and Jennifer.

- 3 SHOWN TO BE EFFECTIVE IN MULTIPLE CLINICAL STUDIES"
- O SAPE AND STIMULANT FREE
- O 100% SATISFACTION GUARANTEED

MEMORY AND PERFORMANCE



- 100mg twice daily for three weeks
- After 21 days "Statistically significant results"

Get the facts at CogniumMind.com

*Among leading brain health supplements "In healthy adults

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give-back GUIDE

Let us give you a little help in figuring out how to do the most good with your time and money—and donate both in meaningful ways.

WORTHY PLACES TO

DONATE TIME

In addition to a food bank or soup kitchen, consider:

THE

"You can help people learn a second language or computer skills, file taxes, write résumés—there are many ways to help besides filing books," says Julie VanDeLinder, chief of strategy and business operations for VolunteerMatch.

THE FIREHOUSE

During toy drives, they might need help sorting and matching toys to recipients.

AROUND

Your chamber of commerce can give ideas, but consider shoveling driveways, taking treats to the elderly, or picking up litter at a local park.

[4 WAYS TO MAKE SURE]

YOUR MONEY GOES WHERE IT REALLY SHOULD

No matter if you're donating \$5 or \$500, it pays to do your homework.

DONATE TO RESEARCH AND SOCIAL SERVICES

You'll do the most good by splitting contributions between organizations that fund research, support advocacy, and directly benefit people impacted by an issue, says Daniel Borochoff, president of CharityWatch. "For example, you could give to CancerCare, which supports anyone affected by cancer, and to the Cancer Research Institute. Both are highly rated groups."

SCREEN OUT PHONE SOLICITATIONS

It's expensive for charities to hire telemarketers to call you and ask for money. Your dollars might better serve these groups if you give directly to the charity of your choice, not the one that slipped past your usual call screening. Borochoff also notes that with cold calls, most money typically goes to fund-raising expenses rather than the couse.

LIMIT IMPULSE GIVING

Making an informed decision puts more power behind your cash. Want to help end food insecurity? Reach out to a local food bank. Looking to support the fight against heart disease? Ask a doctor or social worker for reputable charities. "Talk to people who know the ins and outs of the cause so you can make sure your money is going to the best place," Borochoff says.

FIND PROOF THE MONEY IS HELPING

The more details you can find about a charity's efforts and spending (on its website and social media posts or at a watchdog group like CharityWatch), the better. This info is especially important when helping with the aftermath of a natural disaster. Look for groups that have people on the ground; that means they have the contacts to give immediate help.

66 Look at what organizations are asking for and think about the skills you can bring. 99 JULIE VANDELINDER, VOLUNTEERMATCH



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**50 copay on Tier 1 generic drugs available through select plans that include Walgreens as a Preferred Pharmacy Walgreens Trusted since 1901"

BEWARE OF FAKE CHARITIES

Fraudulent groups
try to fool you
with similar names
(Red Cross of
Americas instead of
American Red Cross,
for example). It's
eosy to get confused,
and the more
emotional the cause,
the more susceptible
you may be.

Be particularly careful when giving to groups that appeal to your heartstrings, like ones that benefit firefighters, veterans, or police officers.

DANIEL BOROCHOFF, CHARITYWATCH

Look for proof that you're supporting a registered charity with 501(c)(3) status. You can check at give.org, charity navigator.org, and guidestar.org. Then find out what the money is used for—e.g., health care, housing—and check if the government or a union already provides that.

BUYING A GIFT THAT GIVES BACK?

When shopping where purchases benefit charities, read the websites to learn:

*Which specific charities they donate to. (It's not enough to say "underprivileged youth.") * How much they donate per item purchased. (Look for actual percentages of each sale rather than "a portion of the proceeds.") * Their total contributions to date.

TRY IT OUT

FAMILY-FRIENDLY CHARITY IDEAS

Kids experience the true meaning of giving back when participating in these activities.

COLLECT ITEMS FOR AN ANIMAL SHELTER

There are usually age restrictions around volunteering at the shelter, but kids can still help furry friends. Let them gather and drop off worn rugs, blankets, towels, and other items used for bedding.

BRIGHTEN A PATIENT'S DAY Parents of

crafty kids, take note: Many hospitals, nursing homes, and adult-care facilities accept homemade items like fleece blankets, scarves, and hats. Call the facilities in your area to find out what they need and accept. Of course, cards with holiday and well wishes are always a welcome treat.

PLANT A GARDEN You might

need to wait until wormer weather, but keep this one in mind. Volunteering at a community garden has a triple benefit: It gets kids involved in giving back to their community, teoches about healthy foods, and is good exercise. Many community gardens donate some of their yield to food banks; start there to find a garden that needs volunteers.

set up the stand.

RAISE

FOR A

CAUSE

Lemonade stands

try a hot cocoa

need a permit.)

who they want

Have kids decide

to help: Children?

Animals? Victims

disaster or other

organization, get

the word out, ond

crisis? Pick an

of a recent natural

stand this time of

year. (Check if you

are a hit in summer;

MONEY

Start a family volunteering tradition: Have each family member pick a cause to donate time to as a family during the year.

Consider spending time at the soup kitchen the day after Thanksgiving or Christmas through the end of winter. That is when it's harder to find volunteers.

JULIE VANDELINDER





Creamy, Cheesy Goodness



KEYTRUDA immunotherapy + chemotherapy (pemetrexed and a platinum) for advanced nonsquamous, non-small cell lung cancer that does not have an abnormal EGFR or ALK gene.

"A year after my diagnosis, I couldn't be happier with my results. Where I am now compared to a year ago, it's a story worth sharing." —Katy

KEYTRUDA will not work for everyone. Results may vary.

A clinical trial compared patients with advanced nonsquamous, non-small cell lung cancer (NSCLC) who received KEYTRUDA in combination with chemotherapy (410 patients) with those who received chemotherapy alone (206 patients). Patients in the trial did not have an abnormal EGFR or ALK gene and had no previous drug treatment.

WHEN TREATED WITH A COMBINATION OF KEYTRUDA AND CHEMOTHERAPY:

MORE PATIENTS LIVED LONGER

69% of patients taking KEYTRUDA with chemotherapy were alive compared with 48% taking chemotherapy alone.

MORE PATIENTS SAW THEIR TUMORS SHRINK

48% of patients taking KEYTRUDA with chemotherapy saw their tumors shrink compared with 19% taking chemotherapy alone.

The median duration of response to treatment was 11.2 months for patients treated with a combination of KEYTRUDA and chemotherapy compared with 7.8 months for those on chemotherapy alone.

KEYTRUDA is a prescription medicine used to treat a kind of lung cancer called NSCLC. KEYTRUDA may be used with the chemotherapy medicines pemetrexed and a platinum as your first treatment when your lung cancer has spread (advanced NSCLC) and is a type called "nonsquamous" and your tumor does not have an abnormal "EGFR" or "ALK" gene.

EGFR = epidermal growth factor receptor; ALK = anaplastic lymphoma kinase.

IMPORTANT SAFETY INFORMATION

KEYTRUDA is a medicine that may treat certain cancers by working with your immune system. KEYTRUDA can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or lifethreatening and can lead to death. These problems may happen any time during treatment or even after your treatment has ended.

Call or see your doctor right away if you develop any symptoms of the following problems or these symptoms get worse:

- Lung problems (pneumonitis). Symptoms of pneumonitis may include shortness of breath, chest pain, or new orworse cough.
- Intestinal problems (colitis) that can lead to tears or holes in your intestine. Signs and symptoms of colitis may include diarrhea or more bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; or severe stomach-area (abdomen) pain or tendemess.
- Liver problems, including hepatitis. Signs and symptoms of liver problems may include yellowing of your skin or the whites of your eyes, nausea or vomiting, pain on the right

- side of your stomach area (abdomen), dark urine, or bleeding or bruising more easily than normal.
- Hormone gland problems (especially the thyroid, pituitary, adrenal glands, and pancreas). Signs and symptoms that your hormone glands are not working properly may include rapid heartbeat, weight loss or weight gain, increased sweating, feeling more hungry or thirsty, urinating more often than usual, hair loss, feeling cold, constipation, your voice gets deeper, muscle aches, dizziness or fainting, or headaches that will not go away or unusual headache.
- Kidney problems, including nephritis and kidney failure.
 Signs of kidney problems may include change in the amount or color of your urine.
- **Skin problems.** Signs of skin problems may include rash, itching, blisters, peeling or skin sores, or painful sores or ulcers in your mouth or in your nose, throat, or genital area.
- Problems in other organs. Signs and symptoms of these problems may include changes in eyesight; severe or persistent muscle or joint pains; severe muscle weakness; low red blood cells (anemia); swollen lymph nodes, rash or tender lumps on skin, cough, shortness of breath, vision changes, or eye pain (sarcoidosis); confusion, fever, muscle weakness, balance problems, nausea, vomiting, stiff neck, memory problems, or seizures (encephalitis); and shortness of breath, irregular heartbeat, feeling tired, or chest pain (myocarditis).
- Infusion (IV) reactions that can sometimes be severe and life-threatening. Signs and symptoms of infusion reactions may include chills or shaking, shortness of breath or wheezing, itching or rash, flushing, dizziness, fever, or feeling like passing out.

Important Safety Information is continued on the next page.

IT'S TRU. KEYTRUDA

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Half of the patients receiving KEYTRUDA with chemotherapy were alive without their cancer spreading, growing, or getting worse at 8.8 months compared with 4.9 months for patients receiving chemotherapy alone. Cancer did not progress in 40% of patients receiving KEYTRUDA with chemotherapy compared with 19% of patients receiving chemotherapy alone.

The immunotherapy with the most FDA-approved uses for advanced lung cancer

IMPORTANT SAFETY INFORMATION (continued)

- Rejection of a transplanted organ. People who have had an organ transplant may have an increased risk of organ transplant rejection if they are treated with KEYTRUDA.
- Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with KEYTRUDA. Your doctor will monitor you for the following signs and symptoms: skin rash, liver inflammation, abdominal pain, and diarrhea.

Getting medical treatment right away may help keep these problems from becoming more serious. Your doctor will check you for these problems during treatment with KEYTRUDA. Your doctor may treat you with corticosteroid or hormone replacement medicines. Your doctor may also need to delay or completely stop treatment with KEYTRUDA if you have severe side effects.

Before you receive KEYTRUDA, tell your doctor if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant or plan to have or have had a bone marrow (stem cell) transplant that used donor stem cells (allogeneic); have lung or breathing problems; have liver problems; or have any other medical problems.

If you are pregnant or plan to become pregnant, tell your doctor. KEYTRUDA can harm your unborn baby. If you are able to become pregnant, your doctor will give you a pregnancy test before you start treatment. Use effective birth control during treatment and for at least 4 months after the final dose of KEYTRUDA. Tell your doctor right

away if you think you may be pregnant or you become pregnant during treatment with KEYTRUDA.

If you are breastfeeding or plan to breastfeed, tell your doctor. It is not known if KEYTRUDA passes into your breast milk. Do not breastfeed during treatment with KEYTRUDA and for 4 months after your final dose of KEYTRUDA.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Common side effects of KEYTRUDA when given with certain chemotherapy medicines include feeling tired or weak; nausea; constipation; diarrhea; decreased appetite; rash; vomiting; cough; trouble breathing; fever; hair loss; inflammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs; swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina; and mouth sores.

These are not all the possible side effects of KEYTRUDA. Tell your doctor if you have any side effect that bothers you or that does not go away. For more information, ask your doctor or pharmacist.

Please read the adjacent Important Information About KEYTRUDA and discuss it with your oncologist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Having trouble paying for your Merck medicine? Merck may be able to help. www.merckhelps.com

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Important Information About KEYTRUDA® (pembrolizumab) injection 100 mg. Please speak with your healthcare professional regarding KEYTRUDA (pronounced key-true-duh). Only your healthcare professional knows the specifics of your condition and how KEYTRUDA may work with your overall treatment plan. If you have any questions about KEYTRUDA, speak with your healthcare professional, RONLY

What is the most important information I should know about KEYTRUDA? KEYTRUDA is a medicine that may treat certain cancers by working with your immune system. KEYTRUDA can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your doctor right away if you develop any symptoms of the following problems or these symptoms get worse:

Lung problems (pneumonitis). Symptoms of pneumonitis may include: shortness of breath chest pain · new or worse cough

Intestinal problems (colitis) that can lead to tears or holes in your intestine. Signs and symptoms of colitis may include:

· diarrhea or more bowel movements than usual

stools that are black, tarry, sticky, or have blood or mucus

severe stomach-area (abdomen) pain or tenderness

Liver problems, including hepatitis. Signs and symptoms of liver problems may include:

yellowing of your skin or the whites of your eyes
 dark urine

nausea or vomiting

bleeding or bruising

pain on the right side of your stomach area

more easily than normal

Hormone gland problems (especially the thyroid, pituitary, adrenal glands, and pancreas). Signs and symptoms that your hormone glands are not working properly may include:

· rapid heart beat

· weight loss or weight gain

increased sweating

· feeling more hungry or thirsty

 urinating more often
 muscle aches than usual

 hair loss · feeling cold

constipation

your voice gets deeper

dizziness or fainting

· headaches that will not go away or unusual headache

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

change in the amount or color of your urine

Skin problems. Signs of skin problems may include:

· rash

· itching blisters, peeling or skin sores · painful sores or ulcers in your mouth or in your nose, throat, or genital area

Problems in other organs. Signs and symptoms of these problems may include:

· changes in eyesight

severe or persistent muscle or joint pains

severe muscle weakness

low red blood cells (anemia)

· swollen lymph nodes, rash or tender lumps on skin, cough, shortness of breath, vision changes, or eye pain (sarcoidosis)

· confusion, fever, muscle weakness, balance problems, nausea, vomiting, stiff neck, memory problems, or seizures (encephalitis)

 shortness of breath, irregular heartbeat, feeling tired, or chest pain (myocarditis)

Infusion (IV) reactions that can sometimes be severe and lifethreatening. Signs and symptoms of infusion reactions may include:

· chills or shaking

· itching or rash

flushing
 fever

shortness of breath or wheezing
 dizziness
 feeling like passing out

Rejection of a transplanted organ. People who have had an organ transplant may have an increased risk of organ transplant rejection. Your doctor should tell you what signs and symptoms you should report and monitor you, depending on the type of organ transplant that you have had. Complications, including graft-versus-host-disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with KEYTRUDA, Your doctor will monitor you for the following signs and symptoms: skin rash, liver inflammation, stomach-area (abdominal) pain, and diarrhea.

Getting medical treatment right away may help keep these problems from becoming more serious. Your doctor will check you for these problems during treatment with KEYTRUDA. Your doctor may treat you with corticosteroid or hormone replacement medicines. Your doctor may also need to delay or completely stop treatment with KEYTRUDA, if you have severe side effects.

What should I tell my doctor before receiving KEYTRUDA? Before you receive KEYTRUDA, tell your doctor if you:

 have immune system problems such as Crohn's disease. ulcerative colitis, or lupus

 have received an organ transplant, such as a kidney or liver

 have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic) have lung or breathing problems

have liver problems

 have any other medical problems are pregnant or plan to become pregnant

o KEYTRUDA can harm your unborn baby.

Females who are able to become pregnant: Your doctor will give you a pregnancy test before you start treatment with KEYTRUDA.

 You should use an effective method of birth control during and for at least 4 months after the final dose of KEYTRUDA. Talk to your doctor about birth control methods that you can use during this time.

 Tell your doctor right away if you think you may be pregnant or if you become pregnant during treatment with KEYTRUDA.

are breastfeeding or plan to breastfeed.

o It is not known if KEYTRUDA passes into your breast milk.

 Do not breastfeed during treatment with KEYTRUDA and for 4 months after your final dose of KEYTRUDA.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How will I receive KEYTRUDA?

 Your doctor will give you KEYTRUDA into your vein through an intravenous (IV) line over 30 minutes.

KEYTRUDA is usually given every 3 weeks.

Your doctor will decide how many treatments you need.

Your doctor will do blood tests to check you for side effects.

• If you miss any appointments, call your doctor as soon as possible to reschedule your appointment.

What are the possible side effects of KEYTRUDA? KEYTRUDA can cause serious side effects. See "What is the most important information I should know about KEYTRUDA?

Common side effects of KEYTRUDA when used alone include: feeling tired, pain, including pain in muscles, bones or joints and stomach-area (abdominal) pain, decreased appetite, itching, diarrhea, nausea, rash, fever, cough, shortness of breath, and constipation.

Common side effects of KEYTRUDA when given with certain chemotherapy medicines include: feeling tired or weak, nausea, constipation, diarrhea, decreased appetite, rash, vomiting, cough, trouble breathing, fever, hair loss, inflammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs, swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina, and mouth sores.

Common side effects of KEYTRUDA when given with axitinib include: diarrhea, feeling tired or weak, high blood pressure, liver problems, low levels of thyroid hormone, decreased appetite, blisters or rash on the palms of your hands and soles of your feet, nausea, mouth sores or swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina, hoarseness, rash, cough, and constipation.

In children, feeling tired, vomiting and stomach-area (abdominal) pain, and increased levels of liver enzymes and decreased levels of salt (sodium) in the blood are more common than in adults.

These are not all the possible side effects of KEYTRUDA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you or that does not go away Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of KEYTRUDA Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about KEYTRUDA, talk with your doctor. You can ask your doctor or nurse for information about KEYTRUDA that is written for healthcare professionals. For more information, go to www.keytruda.com.

Based on Medication Guide usmg-mk3475-iv-1906r025 as revised June 2019.

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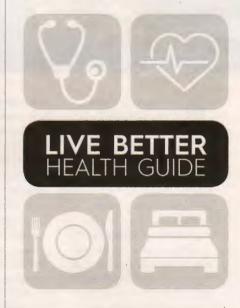
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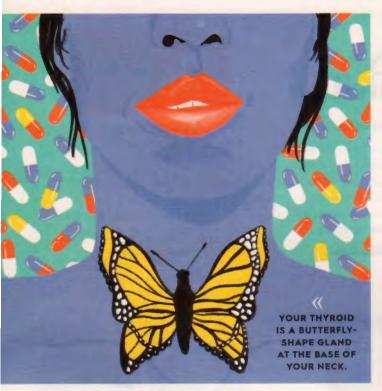
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Nine years ago, Maressa Brown, now 36, was working out regularly, eating cleanand gaining weight. Then she started feeling fatiqued, mentally foggy, and constantly chilly. Her periods, which typically had been regular, stopped. The combination of symptoms made her suspect that her thyroid might not be functioning as it should, so she headed to an endocrinologist (a doctor specializing in treating hormone and endocrine disorders) to get hers checked.

The doctor tested her TSH (thyroid-stimulating hormone). He said her results—over 4 mIU/L—were normal and she didn't need to be treated. "It didn't make sense," Maressa says. "I was having all of these

symptoms, but he was telling me there wasn't anything wrong."

After two months, she didn't feel any better, so she saw a holistic OB/GYN, who looked at her test results and said her TSH was too high. Working with the OB/GYN and a naturopathic doctor, she started treatment. Almost immediately her periods came back and her symptoms improved.

Maressa's experience isn't uncommon. The debate about when to treat thyroid issues has been going on for decades. More than 12 percent of Americans (and roughly 16 million women) develop issues with their thyroid, which produces hormones regulating body functions like metabolism. About 1 percent of Americans will have hyperthyroidism, when the thyroid produces too much TSH, leading to symptoms like weight loss,

THYROID

This little gland controls many of your body's systems, so if it's out of whack, your body and mind might be too. Here are the signs your thyroid might be off and what to do if it is.

insomnia, and an irregular heartbeat. More commonaffecting about 5 out of every 100 people-is hypothyroidism, when the thyroid aland doesn't produce enough hormones, so the pituitary gland produces more TSH (hence a high TSH number) to stimulate the thyroid. In either case, medications can normalize thyroid hormone levels. For an underactive thyroid, synthetic thyroid hormones are given to replace what the body isn't producing; for overactive, medications stop the thyroid from pumping out excess hormones. And then there are women like Maressa, whose TSH levels are within the range of what experts say is normal but who still experience symptoms. This "subclinical hypothyroidism" may affect up to 10 percent of women.

A normal TSH ranges from about 0.4 to 4. Some physicians treat a 2; others hold off until 10, says Martin Surks, M.D., an endocrinologist at Montefiore Health System in New York City. This past spring a panel of experts weighed

THYROID HORMONES AT A GLANCE

TSH
Thyroid-stimulating hormone is released by the pituitary gland and tells the thyroid how much T4 to produce. Screening TSH levels is the main way to check for thyroid issues.

Made by your thyroid, T4 is the primary hormone that helps regulate your body functions. The best test for it measures free T4.

Along with T4,
T3 controls many
of your body
functions. Levels
of T3 are checked
to screen for
hyperthyroidism.



in, advising that medication shouldn't be given to adults with a mildly underactive thyroid—anything under 10. The reason? The majority of research suggests there's little benefit in doing so.

TO TREAT OR NOT TO TREAT

Doctors started squabbling about

borderline low thyroid—generally a TSH between 4.5 and 10—in 2004. An article in *The Journal of the American Medical Association* noted there was no solid evidence that treating borderline cases helped people feel better. Around the same time, the National Academy of Medicine and the U.S. Preventive Services Task Force released similar guidelines. So why does controversy linger?

The data at the heart of the papers showing whether or not treatment helps is "a bit of a mess," says Surks, who coauthored the JAMA paper. The studies were small, and researchers didn't factor in things like age. "TSH levels tend to increase as people get older, and generally this isn't harmful," says David Cooper, M.D., director of the thyroid clinic at Johns Hopkins Hospital.

Adding to the confusion, symptoms of an underactive thyroid can also be caused by many other disorders, explains Elizabeth Pearce, M.D., president of the American Thyroid Association and professor of medicine at Boston University School of Medicine. Women with normal thyroid function may also have some hypothyroid symptoms.

Another factor in deciding whether to prescribe meds is warding off other health issues.

Some doctors treat to prevent cardiovascular problems, but the research about that is mixed, and a too-high dose of levothyroxine (thyroid hormone replacement) can slightly increase the risk of an erratic heartbeat, known as arrhythmia, and bone loss.

MEETING HALFWAY

With so much debate amona

doctors, the best approach for patients with a TSH under 10 may be to watch and wait. If you're having symptoms and your doctor says your TSH levels are only mildly elevated, experts suggest testing your levels again in three to six months and checking T4 levels. (The exception is women who ore pregnant or thinking about having a baby; hypothyroidism is linked to higher rates of miscarriage and preterm

births.) If you're having symptoms and your numbers are mildly elevated, it's reasonable to try medication.

Treating a thyroid condition can take time. Some people start to feel better within a few weeks, but it can be six months for symptoms to fully resolve, Pearce says. And the dosage often has to be adjusted.

If your thyroid hormone levels are off, there is good news. Although people who take medication may have to remain on it for life, a recent study found that more than half of people with borderline hypothyroidism were able to come off the meds without their TSH levels (or symptoms) increasing. "There's no harm in a six-month trial of a low dose," Pearce says.

If the meds don't help, it might feel disheartening, but now your doctor knows to dig into other causes, Pearce says. The trial was still a step toward feeling better.



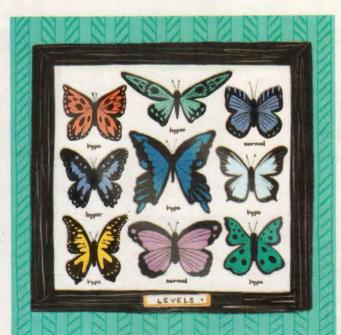
These two conditions are linked to hyper- or hypothyroidism.

HASHIMOTO'S DISEASE

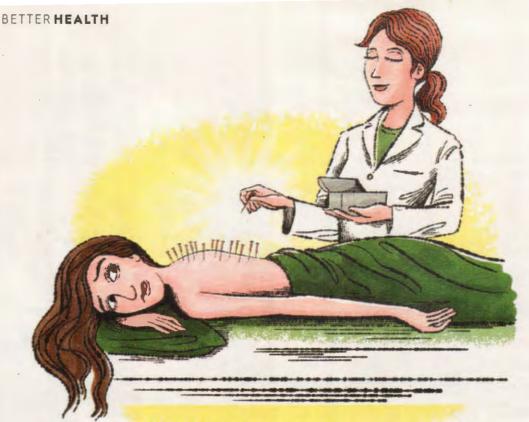
This is the leading cause of hypothyroidism. If you test positive for Hashimoto's (a simple blood test) but your TSH and T4 levels are normal, you don't need treatment, just annual monitoring.

GRAVES' DISEASE

An immune system disorder that causes the thyroid to produce too much thyroid hormone. Clues that your hyperthyroidism is caused by Graves' include an enlarged thyroid, protruding eyes, and a family history of autoimmune disorders. People with Graves' antibodies usually need treatment (medication or surgery), regardless of TSH levels.







the health nut

Our intrepid health director, **Amy Brightfield**, goes on pins and needles to unblock her energy.

hen you're dealing with persistent pain, getting a bunch of needles stuck in you may not sound exactly like o way to feel better. But more and more research shows that acupuncture—a traditional treatment in Chinese medicine that involves inserting thin needles at certain points in your body-can indeed help relieve discomfort. As your faithful health nut, I couldn't ignore the evidence, so I made an appointment with Devon Greenbaum at Advanced Holistic Center in NYC to get stuck.

Before my session,
Greenbaum sat down to talk
with me. She asked if I was
stressed (maybe a little, given
my entire family on both sides
was about to descend upon me
for a big event), if I had trouble
sleeping (sometimes it's hard

to shut off my brain), and where I felt discomfort (my shoulders, neck, and lower back).

For the treatment, I lay under a towel while facedown on a padded table like the ones used for massages. One by one, Greenbaum inserted needles at points along my feet, leas, and back. How did she decide where to place them? The theory is that we have hot and cool energies called Chi (pronounced chee) flowing through our bodies. When that energy is stagnant or there's an imbalance of hot and cool, we develop symptoms like insomnia and aches. My diagnosis based on our conversation: an excess of stagnating hot energy. (My mom always told me i ran hot!) So she placed the needles at points to break up that energy.

As each needle went in, I felt a slight prick then warmth and tingling in the area. Around my ankle, I did feel more of a twinge that lasted a few minutes. Greenbaum said maybe that was a particularly sensitive spot and adjusted the needle so I was comfortable. It took her about seven minutes to insert 30 needles. (It sure didn't feel like that many.) Then I lay there for about 30 minutes—time enough for the needles to stimulate the surrounding tissues and muscles.

Later that afternoon I felt unusually spacey and tired. Greenbaum explained that after an acupuncture session—especially your first—your body is getting rid of toxins. "Fatigue is part of any healing process and a sign that the acupuncture is working," she said. That made sense: It's like the fatigue you feel after a massage.

· Even though it usually takes about six weeks of sessions to feel better, that night I slept soundly and woke up refreshed and energized. Acupuncture had already started to cool this hot health nut down.

HOW IT WORKS

Research shows that acupuncture can help manage chronic pain, particularly from headaches. osteoarthritis. and back and neck issues. There are a few ways that experts think acupuncture works, explains Wen Chen, Ph.D., program director at the **National Center for** Complementary and Integrative Health. "Acupuncture affects the tissues and nerves and may dampen pain signals to the brain," Chen says. It may also prompt your body to release chemicals that soothe pain, much like how exercising activates the production of feelgood chemicals called endorphins.

Your health care provider can recommend a state-certified acupuncturist. Also check nccih.nih.gov for guidelines to figure out if an acupuncturist is reputable.

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SPECIAL



BARBARA CORCORAN

A HEALTHY OUTLOOK BEGINS AT HOME

LEARN HOW ENTREPRENEUR, REAL ESTATE MOGUL, AND TELEVISION PERSONALITY BARBARA CORCORAN MAKES HERSELF A PRIORITY AT HOME WITH THE HELP OF SYSTANE® COMPLETE LUBRICANT EYE DROPS.

ARBARA CORCORAN IS no stranger to a packed agenda. Whether she's doing press interviews, filming a television show, or dishing out business advice to young entrepreneurs, Corcoran—who suffers from symptoms of dry eye such as burning, stinging, fluctuating vision, and watery eyes—spends the majority of her time on the move. "I could work a twelve-hour day without stopping and not feel tired, but by the time I'm into hour five or six of the day, my eyes are

exhausted," she says. "The moment I have any eye discomfort, I reach for my SYSTANE® COMPLETE Lubricant Eye Drops. I feel immediate relief: My eyes get moisturized, they don't bother me anymore, and they feel rested again. My dry eye symptoms are no longer a distraction."

No matter how busy her days get, though, Corcoran makes a point to leave her work at the door as soon as she gets home. "I don't believe there is such a thing as work-life balance," she says. "I think it's like chasing a holy grail that you're never going to find. What I do instead is I chop my life into

two categories: my family and my business. And l run my family like l run my business—l'm in charge in both places."

What this means for Corcoran is that she has a set of at-home rituals that help her unwind and spend time with her family without distraction. "The first thing I do is get rid of my cell phone because I do not want to look at that screen for another second," Corcoran says. "I leave it in the hallway, and I don't look at it until I leave the next day. That gives me time to be with my family and to

be hyper-focused," she says. "But more importantly, I stack two square pillows, put my feet up, put my SYSTANE® COMPLETE Lubricant Eve Drops in and an eye mask on, and I lay down. Only for ten minutes, but what a difference it makes." With some respite after a hectic day, Corcoran can focus on the things-and people-that mean the most to her. "It's been a tremendous relief to find a solution for my dry eye symptoms. It's one thing I used to be concerned about that I've taken off my plate."



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THE CASE FOR ADOPTING A SEMIOP DET

November is Adopt a Senior Pet month.

Three great reasons to consider welcoming an older dog or cat into your family.

THEY KNOW THE BASICS

The senior years start between ages 6 and 8 for dogs and 10 and 12 for cats. Older pets are often put up for adoption because of a shift in their family situation—perhaps a death or a move to a residence that doesn't allow animals. Because they've lived in a home before, it's a good bet they're housebroken or litter box trained, says Jennifer L. Pease, president and cofounder of Senior Pet and Animal Rescue in Pittsburgh. Senior dogs also likely know basic commands. walk well on leashes, have outgrown puppy behaviors, and focus well, which means they learn quickly.

BEFORE YOU ADOPT

Spend time with the pet and ask: Has the pet been in a foster home? Are there problems when she's left alone? Does she get along with other animals and young kids? = What health or behavioral issues does the pet have? Does the shelter or rescue organization give financial assistance if the pet develops health issues? Other possible pluses: You won't have to harness the energy of a puppy or kitten, and they're more likely to spend more time relaxing with you.

THERE'S LESS GUESSWORK

The personality (and size) of an older dog or cat is already set, so you have more clear indicators about whether they'll be a good fit for your family and lifestyle, Pease says. For instance, you'll know if a dog is a barker or does well in a crate or if a cat is affectionate or aloof.

THEY FORM STRONG BONDS

Just because you're getting a pet at an older age doesn't mean your bond won't be as deep, says Sherri Franklin, founder and CEO of Muttville Senior Dog Rescue in San Francisco. The aging process can be scary and confusing to animals; they'll appreciate you giving them comfort, protection, and love.

SHELTERS FOR SENIORS

Some shelters and rescues focus solely on rescuing and rehoming senior pets. A few around the country: foreverlovedpets.org (Scottsdale, AZ) muttville.org (San Francisco) ofsds.org (Mt. Juliet, TN) olddoghaven.org (Oak Harbor, WA) www.sanctuary forseniordogs.org (Cleveland) senior dogsanctuary.com (Severn, MD) seniorpetandanimai rescue.org (Pittsburgh) stlsdp.org (St. Louis) Or search "senior"

in the age category

at petfinder.com.



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BY KAREN ASP

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BLUE

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- 2. Chicken Meal
- 3. Brown Rice
- 4. Barley
- 5. Oatmeal

BLUE Life Protection Formula® and Purina® Dog Chow® Complete Adult both provide complete and balanced nutrition.

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Love them like family. Feed them like family.®

Over the river and through the woods we go-with our homemade pies and casseroles safely in tow.

THE ORIGINAL We're not sure what's perplexing our 1939 cover girl the issue never divulged her dilemma-but we think it's the perils of getting her cherry cheesecake to the party tonight unscathed.

THE UPDATE Our favorite kitchen-to-car food helpers are durable, sensible, and look good enough to go right on the buffet table. Washable cloth bowl covers keep snacks and salads contained in eco-friendly style. Enamel bowls with lids work triple duty as mixing bowls, serving dishes, and containers for leftovers. And a wooden pie box ensures those prized desserts stay ready for showtime.



BY LAUREN HEDRICK

BH&G INSIDER

Visit BHG.com/Casserole for our all-time favorite casserole recipes from vintage issues. Become an Insider and access our full archives.

BOWL COVERS

Stripes, \$62 for six assorted sizes: dotandarmy.com

2 MIXING BOWLS Cobalt Swirl, \$76 for three; golden rabbit.com

3 WINE BAG

in Indaco. Leave it with your host as a thank-you. \$26; uashmama.com

4 PAN COVER in Red, \$20; fancypanz.com

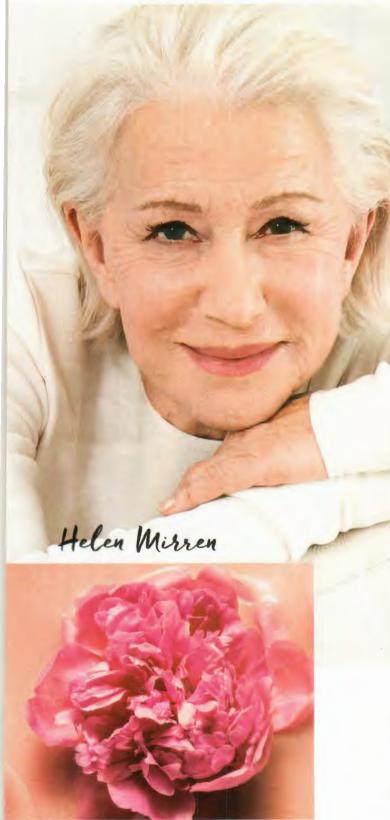
5 PIEBOX Also sold in a size for cakes. \$35; piebox.myshopify.com

6 TOTE Holds up to an 11"×15" casserole or 13" round dish or pie plate. Plat Culinary Wide Tote, \$66; aplat.com ■

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